



## WOMEN'S UP AND OVER DRILL

### DRILL SPECS:

**Drill Theme:** Shooting  
**Field Location:** Half Field  
**Time Needed:** 10 Min

**Drill Style:** Skills  
**Field Position:** Offense  
**Skill Level:** Advanced

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### OBJECTIVE:

This drill is excellent for teaching players ball movement, positioning, and shooting. The objective is to get the ball from a low wing area, up and across the field for a dodge to a shot on goal.

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### DRILL DESCRIPTION:

Set up (3) lines with a cone in front of each. One line will be 3 yards behind goal line extended; one line will be directly in line at the top of the 12 meter arc, and the other at the top of the 12 meter arc on the other side.

The balls will be at the bottom line, and that player will dodge inside and then bounce back out before they feed to top line.

The top line will catch and move the ball right away to the opposite field line.

The 3<sup>rd</sup> line will catch the feed, drive and dodge off a cone for a shot.

Players will rotate in a clock wise rotation.

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### SKILLS PRACTICED:

- Shot Placement
- Timing
- Cutting
- Maintaining Possession

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### VARIATIONS:

You can add defense to the each line to make it more difficult for the feeders and shooters.

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**DRILL DIAGRAM:**

