



Date: May 5, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup
  - One line stretching
  - Three lines Passing, ground balls, left hand 3 line warm up and/or
  - Bounce shot drill
- ◇ Extend and Recover Drill
  - Start with 2 v 2 ground ball
  - After possession pass to coach and setup
- ◇ (transition into) Slow Break – Trailer Shooting Drill
- ◇ Diagonal Pass/Plat Pass Drill
- ◇ Break Out to Fast Break Shooting Drill
- ◇ 7v7 (two goal)
  - Start with ground ball at X
  - Riding after a shot to restraining line
  - Transition to regular start with attack starting at GLE

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Notes:

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## Extend and Recover

### Drill Specs

**Drill Theme:** Defensive Drills  
**Field Position:** Defense

**Drill Style:** Skills,  
 Conditioning  
**Time Needed:** 10 Min

**Field Location:** Half Field  
**Skill Level:** Intermediate

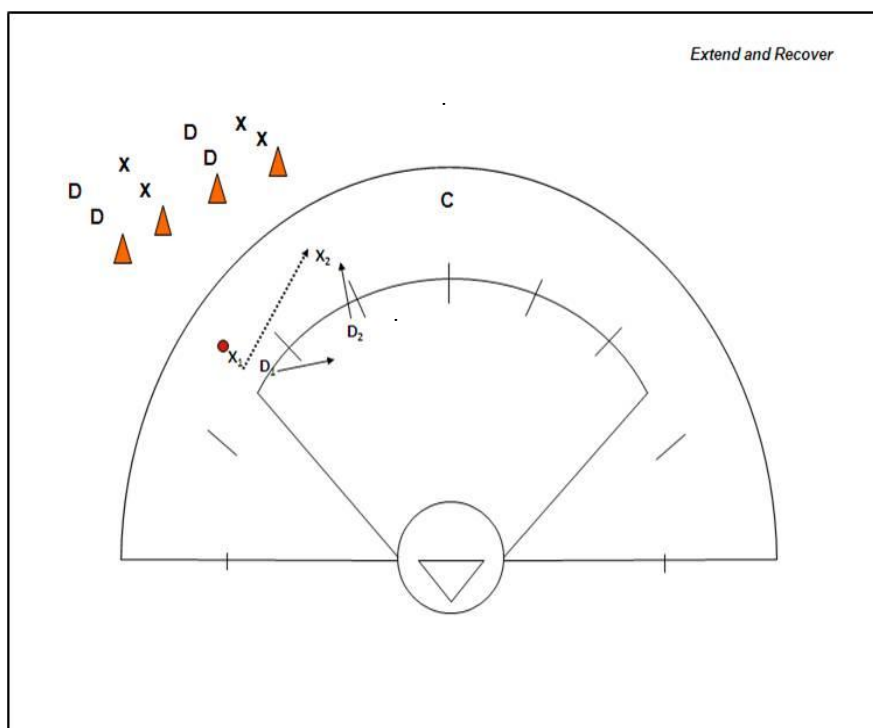
### Objective

To improve on ball & off ball defensive positioning, including approaching ball carrier & recovering to 'hole' in good 'help' position after a pass is made.

### Drill Description

Start as modified 2v2, with 2 offensive players moving the ball back & forth forcing the defensive players to move into correct position – when your player is receiving the ball you should **'extend'** to ball, break down, and take away the top side. When your player passes the ball you should drop step, turn in the direction of the pass/ball, with your stick up & in passing land while quickly **'recovering'** to a good 'help' position in the hole. When playing off-ball you should maintain the "player-you-ball" triangle.

D1 is playing ball carrier X1. When X1 passes to X2, D1 drop steps, turns toward ball and recovers to help position in the hole. D2 simultaneously extends to play X2 receiving the pass.



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## Extend and Recover, Continued

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**Skills Practiced**

- Off Ball Defense
- Defensive Positioning
- Defensive Footwork
- Conditioning

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**Variation**

This drill can be expanded to 4v4 where 4 defensive players are in constant motion moving to 'on-ball' or 'off-ball' positions as the ball is passed around perimeter.

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## WOMEN'S SLOW BREAK – TRAILER SHOOTING DRILL

### DRILL SPECS:

**Drill Theme:** Transitions  
**Field Location:** Attack Zone  
**Time Needed:** 15 Min

**Drill Style:** Games  
**Field Position:** Offense, Midfield  
**Skill Level:** Intermediate

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### OBJECTIVE:

This drill is excellent for teaching how to run a slow break and look for trailing players that could be open breaking down the point for open shots. Timing and vision is everything in these drills.

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### DRILL DESCRIPTION:

Balls start at the low two cones. Those lines will go to goal and dodge when they get to goal line extended. You will be looking for the dodging players to throw back or roll back when they look to move the ball.

The two lines up top will drift into the 8 meter and look to move into a position where they can cut down on a slow break, look for a pass from the dodging player, and finish.

Have your players rotate to a different line each time.

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### SKILLS PRACTICED:

- Dodging
- Feeding
- Transition Offense

Slow Breaks

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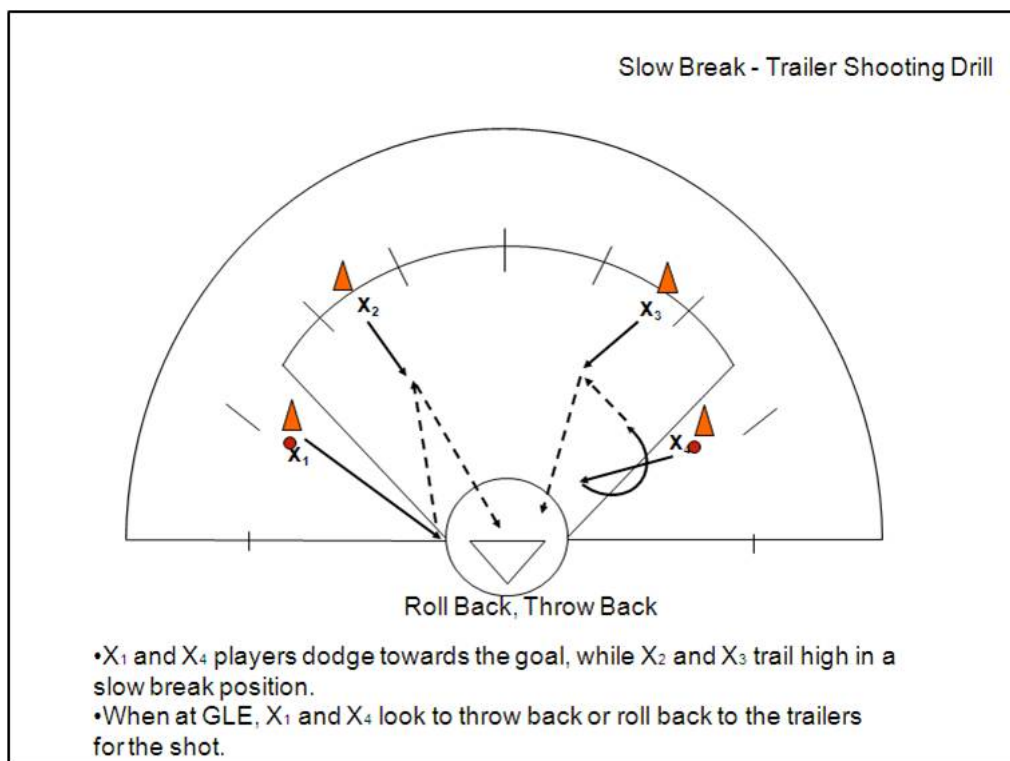
### VARIATIONS:

Vary the locations where the slow break comes from, or the location of where the dodging players attack. Add defensive players to the drill to work on cutting and getting free to feed.

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**DRILL DIAGRAM:**







## WOMEN'S DIAGONAL PASS/FLAT PASS DRILL

### DRILL SPECS:

**Drill Theme:** Transition, Ball Movement

**Field Location:** Half Field

**Time Needed:** 15 Min

**Drill Style:** Game, Conditioning

**Field Position:** Offense, Defense, Midfield

**Skill Level:** Basic

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### OBJECTIVE:

Improving catching and throwing on the run in transition-like situations while maintaining full speed.

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### DRILL DESCRIPTION:

This drill starts at half field and finishes with a shot on goal. Set up a line at midfield with majority of the players. Set up 4 cones down the field with 2 girls at each cone. The player at midfield travels in a straight line. They must have flexible upper body to make all passes over arm. Make sure they are changing hands and throwing with their outside hand. Switch the players at the cone after each player has gone through the drill a set number of times. If you have the full field, have players going to both goals.

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### SKILLS PRACTICED:

- Catching and throwing on the run
  - Maintaining full speed down the field
  - Switching hands
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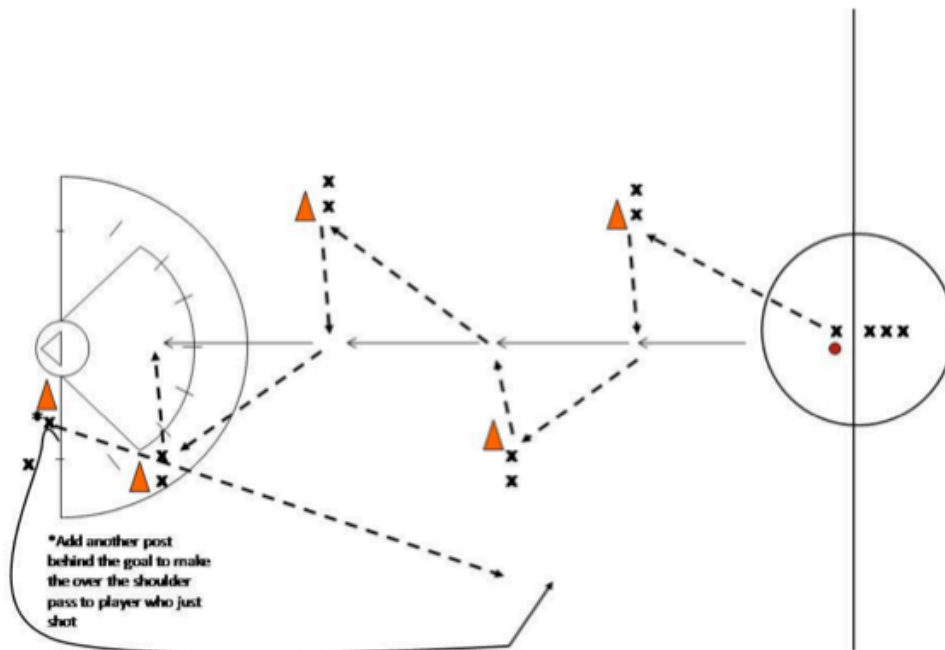
### VARIATIONS:

Once the player takes a shot, have them receive an over the shoulder pass from a player posted down by the goal.

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**DRILL DIAGRAM:**







## WOMEN'S BREAK OUT TO FAST BREAK SHOOTING DRILL

### DRILL SPECS:

**Drill Theme:** Transitions  
**Field Location:** Half Field  
**Time Needed:** 15 Min

**Drill Style:** Games  
**Field Position:** Offense, Midfield  
**Skill Level:** Advanced

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### OBJECTIVE:

This drill is excellent for teaching players ball movement, positioning, and hustle. The objective is to get every player a touch as you clear the ball, and then reverse the play back into the zone for a fast break where everyone touches the ball before a finish.

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### DRILL DESCRIPTION:

Set up 4 lines behind the cage, 4 attack lines. On the whistle the attack players will move the ball on a clear out and get all 4 attack players a touch, including a feed to a breaking player down field. Be sure to keep the clearing passes away from the middle of the field.

After the final player gains possession of the ball outside of the restraining area, they will immediately turn around and drive in on a fast break. That player will pass to the closest attack player, who looks to feed a skip pass across the field. The receiving attack player will pass "One More" to the final attack player that will finish with a shot on goal.

Have those 4 players return to the lines and the next 4 break out.

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### SKILLS PRACTICED:

- Ball Movement (Catching and Throwing)
  - Transition Defense
  - Transition Offense
  - Fast Break
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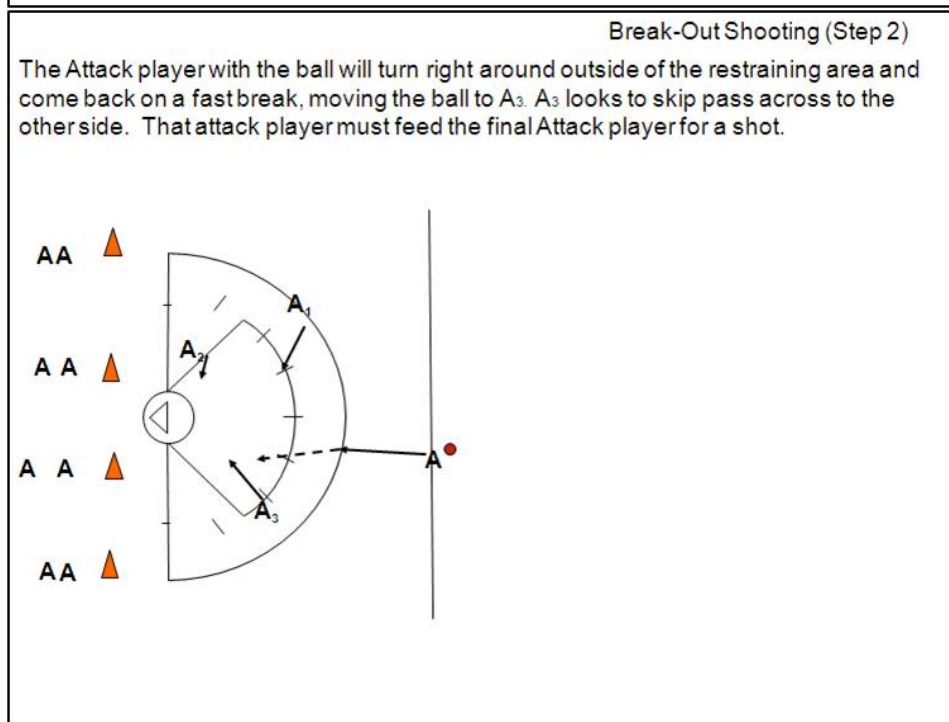
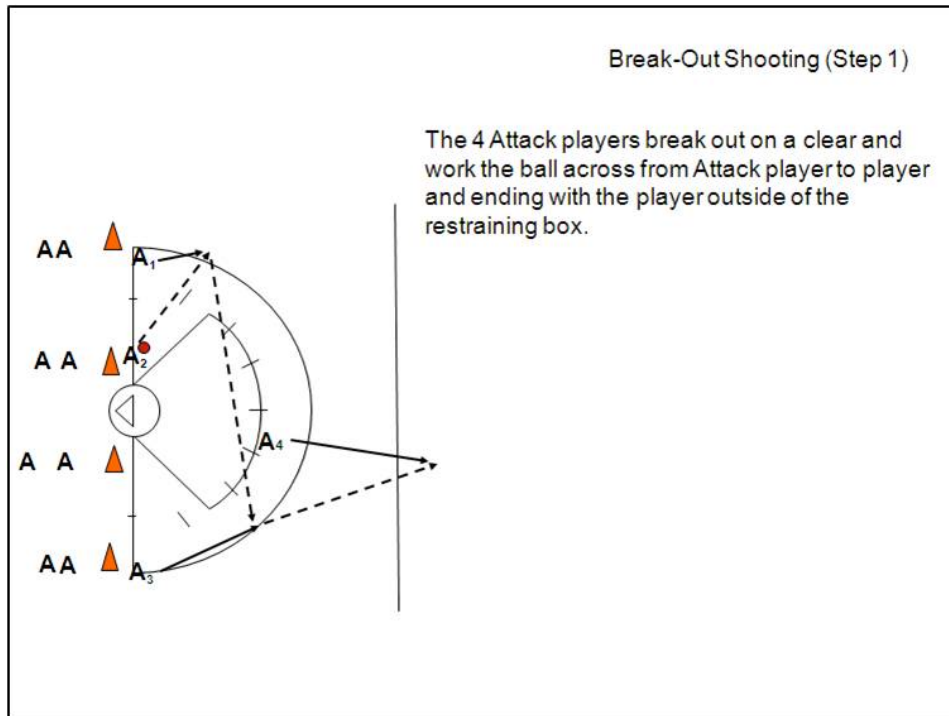
### VARIATIONS:

To vary the drill, be sure to change sides of where the clear and fast break occur. You may also designate the final shooter each time, or even add defense to the drill to make things harder.

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## DRILL DIAGRAM:







Date: January 13, 2020  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Stretching 10 Minutes
  - Two line stretching back and forth
  - Introductions, equipment review.
- ◇ Pass/Catch to quick cradle – entire team 10 Minutes
  - Work ground balls as well by dropping right in front of the receiver  
(Break out beginners and experienced)
- ◇ Beginners - Pass/Catch to quick cradle 20 Minutes
  - Cradling
  - Triple threat – defensive slide
  - Triple threat – defensive slide vs. an attack/cradle
- ◇ Experienced - Pass/Catch to quick cradle
  - Do L cuts throwing to the second person in-line
  - Move lines in to 5' apart and work on short quick passing
  - Attempt 300s – first to be through twice
- ◇ 3 v 3 defensive slide 20 Minutes
- ◇ Modified star drill to dodge/shot
  - See back of page
- ◇ Women's Bronco Drill 10 Minutes
- ◇ 7 v 7 Drill 20 Minutes

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Notes:

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Ask parents to tell me any gameday they cannot attend. – Critical

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Final concussion form signing.

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Wednesday possible pizza night at Elaine's.

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Date: January 15, 2020  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup 10 Minutes
    - Two-line drills as warmup
    - Introductions, team building
  - ◇ Pass/Catch to quick cradle – entire team 10 Minutes
    - Work ground balls as well by dropping right in front of the receiver
    - Cradling
  - ◇ Box drill – passing on the move 20 Minutes
  - ◇ Four person clear – passing to a 4v4 30 minutes
  - ◇ 7 v 7 Drill 20 Minutes
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Notes:

Talk with parents about walking to car in groups.

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Date: January 22, 2020  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup 10 Minutes
    - Two-line drills as warmup
    - Introductions, team building for those 6 not at 1.13.20 practice
  - ◇ Line Drill – L Cuts & Ground Balls
  - ◇ First year player huddle / pick their favorite skill – USL Mobile App drill
  - ◇ Women’s funnel drill
  - ◇ Variation – Ball Hunt Defensive drill
  - ◇ Women’s Bronco Drill
  - ◇ Variation – Women’s Recovery Double Team 10 Minutes
  - ◇ 7 v 7 Drill with goalie 20 Minutes
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Notes:

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Talk with Chris and Corey about the ref training on Sunday, February 23, 2020  
at Bartholomew Sports Complex in Elk Grove

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Date: January 27, 2020  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup 10 Minutes
    - Two-line drills as warmup
    - Introductions, team building for those 6 not at 1.13.20 practice
  - ◇ Line Drill – L Cuts & Ground Balls
  - ◇ US Drill
  - ◇ Two lines of 8, each with a #
    - 1v1, 2v2, 3v3, 4v4 ground ball to a shot
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Notes:

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Talk with Chris and Corey about the ref training on Sunday, February 23, 2020  
at Bartholomew Sports Complex in Elk Grove

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## US Drill

<b>Drill Specs</b>	<b>Drill Theme:</b> Double Teaming <b>Field Position:</b> Offense, Defense, Midfield	<b>Drill Style:</b> Game <b>Time Needed:</b> 15 Min	<b>Field Location:</b> Attack Zone <b>Skill Level:</b> Intermediate
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**Objective**  
Works on aggressive/smart double teaming and defensive shifting and communication. Attack movement and quick passing.

**Drill Description**  
Start with splitting the 12-meter in half so that each set of 3v3 is only working on one side. You need 3 defenders and 3 attackers on each side. Start the drill on a whistle and with a definitive double team. Play the 3v3 live until the ball is in the cage or has been cleared to a specified area. Emphasize the use of communication and defensive slides to help. Also show the attack to change speeds and make cuts to ball, not just side-to-side.



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Date: January 29, 2020  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup 10 Minutes
    - Three groups, line drills as warmup
    - Transition to L Cuts & Ground Balls
  - ◇ Goalie training with Skyla (rotate groups of two / helmet try-on / footwork)
  - ◇ Three Group Stations (rotate) 45 Minutes
    - Shooting: Cross crease finishing drill
    - Defense: Forcing box drill
    - Passing: Box drill with Coach Chris
  - ◇ Flock of Geese Drill
    - Variation is using a size 1 soccer ball and rotate kids into goal
  - ◇ 3 v 3 to end
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Notes:

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Sign get well soon card.

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Coach gear

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## WOMEN'S CROSS CREASE FINISHING DRILL

### DRILL SPECS:

**Drill Theme:** Shooting  
**Field Location:** Attack Zone  
**Time Needed:** 10 Min

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

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### OBJECTIVE:

This drill is excellent for teaching players to time shots and finish on the crease or close shooting spots. It is a rapid fire drill that has each player passing to someone, and then getting a feed. Great for getting a lot of players through a drill.

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### DRILL DESCRIPTION:

All players have a ball except the player that starts the shooting. That player cuts up to the top of the crease and receives a pass from the player in the left line, catch, and shot. The player in the left line, who just fed the ball, cuts in and pops for a pass from the next player in the right line. It is a rapid fire drill to get a lot of reps and a lot of finishing.

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### SKILLS PRACTICED:

- Shooting
  - Feeding
  - Cutting
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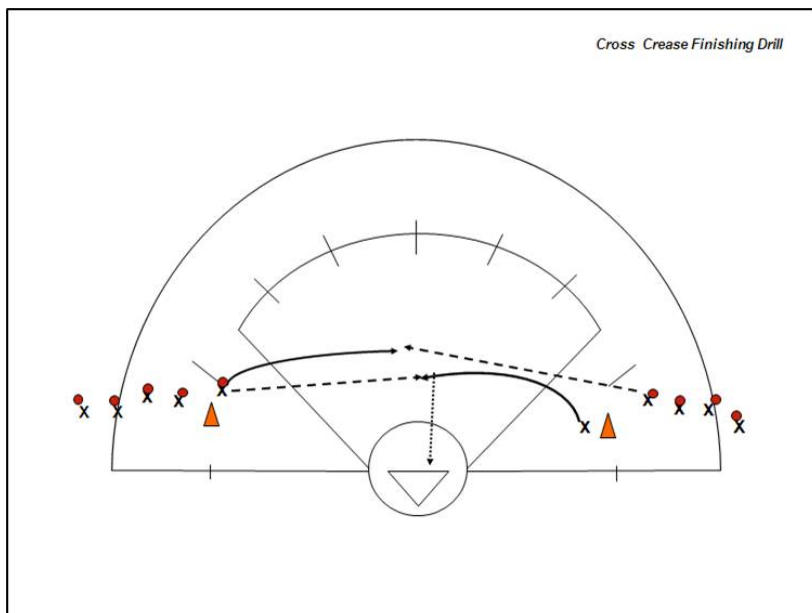
### VARIATIONS:

Vary the locations of shot placement. Have your players shoot all high, all low, all 5 hole. You may also use ground balls to force your players to scoop and finish, or maybe work some behind the back shots.

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**DRILL DIAGRAM:**







## WOMEN'S FORCING BOX DRILL

### DRILL SPECS:

**Drill Theme:** Defensive Drills  
**Field Location:** Midfield  
**Time Needed:** 10 Min

**Drill Style:** Skills  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Intermediate

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### OBJECTIVE:

To work on playing body defense and redirecting an attacker to an area on the field where you want her to go.

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### DRILL DESCRIPTION:

Set up 4 cones about 5 to 10 yards apart in a box. The front of the box represents the goal. Start the person on offense with the ball at one cone, and the defender on defense at a different cone. On the coaches whistle the defender tries to force the attacker out one side of the box or the back of the box. The attacker tries to cross the goal line. Make all players play attack and defense.

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### SKILLS PRACTICED:

- Dodging
- Cradling
- Defense Positioning
- 1v1, 2v1, 1v2
- Forcing

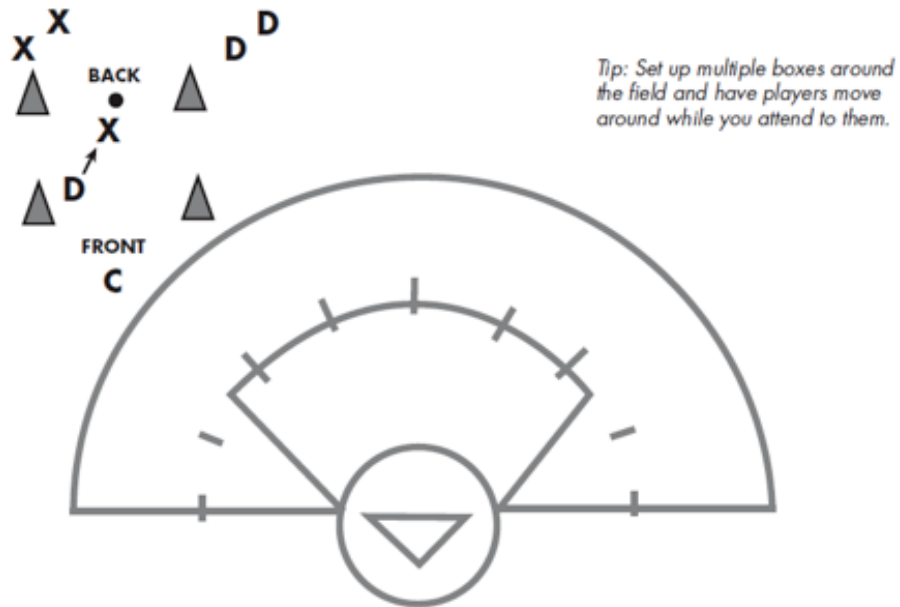
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### VARIATIONS:

1. Attacker has to get to one cone, defender must keep them from getting to that same cone.
2. Attacker has to get to one side.
3. Attacker has to get to two sides - larger area for defender to cover.
4. Defender starts on opposite side of which way the attacker wants to go.
5. Add 2nd defender to practice doubles.



**DRILL DIAGRAM:**







## FLOCK OF GEESE

### DRILL SPECS:

**Drill Theme:** Team Defense  
**Field Location:** 12m/8m  
**Time Needed:** 5-10 Min

**Drill Style:** Game  
**Field Position:** All  
**Skill Level:** Basic, Can be progressed

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### OBJECTIVE:

This objective of this game is to help teach defensive shift, sliding, movement and communication to support teammates and deploying double teams when appropriate in a constraints-based manner. The game can also be used to teach breaking slide patterns and avoiding or breaking double teams.

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### DRILL DESCRIPTION:

- 8 Defenders (7 + Goalie) start in the middle of the 8M facing each other with their eyes closed.
- Defenders must sing a song together loudly!
- 7 Attackers are outside of the 12M passing the ball around the outside
- On the command "play!" the Attack players can attack the goal, the Defenders have to break out and mark up!
- Goalie must quickly get in the goal and communicate

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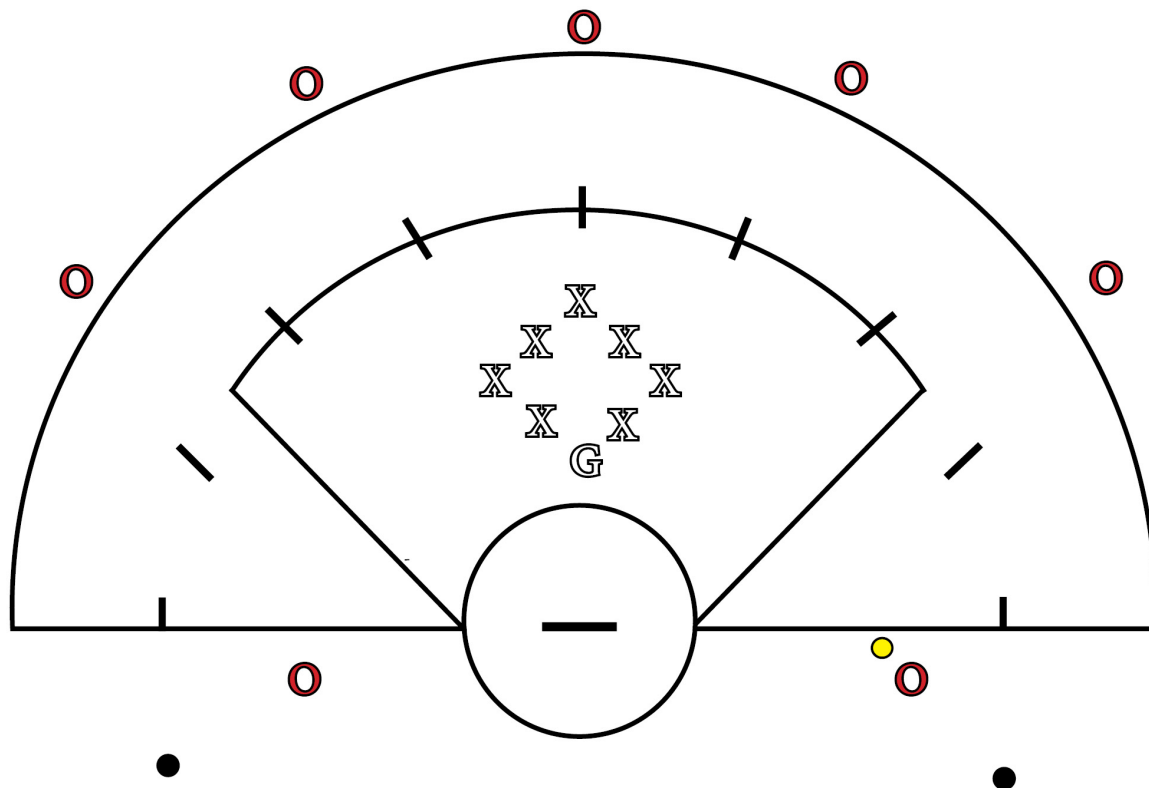
### DRILL PROGRESSIONS:

1. Vary the number of players on each side (sneak players in and out without telling the other teams)
2. Can't mark the same player twice
3. Use a gym ball and pool noodles and let everyone take a turn at being goalie
4. Add in a clear if defense causes a turn over

The game can be played with or without sticks. Try using a mini soccer ball or football to focus on movement and positioning without the worry of dropping passes.



**DRILL DIAGRAM:**







Date: February 3, 2020  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup 15 Minutes
  - Run Lap
  - Two Line Passing
  - Three groups, line drills as warmup
- ◇ Goalie training with Skyla (rotate groups of two / helmet try-on / footwork)
- ◇ Three Group Stations (rotate) 45 Minutes
  - Defense: Denying Cuts Drill
  - Passing: Box drill with Coach Chris
- ◇ Women's Draw Control – Game Drill
  - fast break 2 v 2 to an attack cutting opposite side to the critical scoring area
- ◇ Best Game Ever Drill
- ◇ Grid Locked Drill
- ◇ Drill free foul shots / 8-meter free position (no goalie, just cage guard)
- ◇ 3 v 3 and/or 4 x 3

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Notes:

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## WOMEN'S DENYING CUTS DRILL

### DRILL SPECS:

**Drill Theme:** Defensive Drills  
**Field Location:** Attack Zone  
**Time Needed:** 10 Min

**Drill Style:** Skill, Conditioning  
**Field Position:** Defense  
**Skill Level:** Intermediate

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### OBJECTIVE:

To work on denying multiple attacker cuts through the 8-meter.

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### DRILL DESCRIPTION:

Begin the drill by making 3 lines. 1 line of defense near the goal line extended, a line of attack at the top of the elbow of the 8-meter, and a feeding line at the opposite elbow. The objective of the attacker is to cut hard through the 8-meter towards the feeder. The defenders job is to deny the cut so there is no passing lane. Attackers can back door or cut in front of the defenders if they are over playing. In this drill the defender will stay for 3 attacking cuts but there will be a new attacker each time.

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### SKILLS PRACTICED:

- 1 v 1 defense and attack
- Denying cuts and passes defensively
- Defensive Positioning
- Defensive Footwork
- Conditioning

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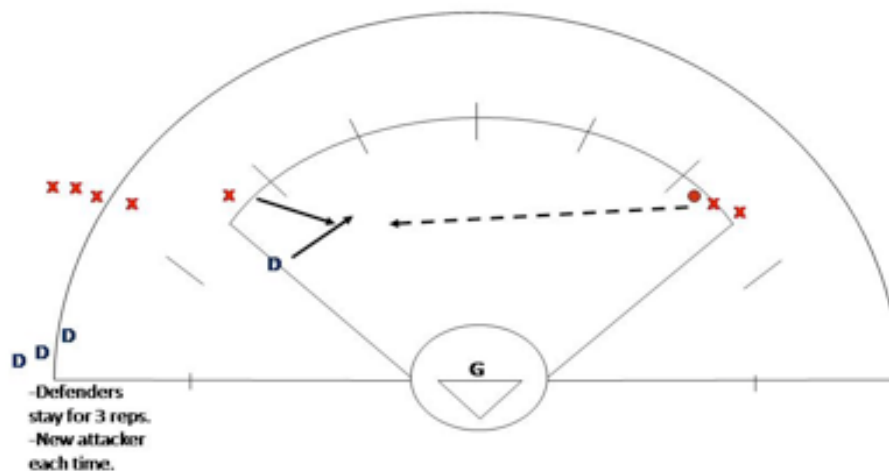
### VARIATIONS:

After you deny the cuts on one side, switch to the other side. Also you can build the drill to a 2v2 and a feeder. This way defenders will be forced to work together in a game like situation.

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**DRILL DIAGRAM:**







# WOMEN'S DRAW CONTROL GAME DRILL

## AUTHOR INFORMATION:

**Author Name:** Laurie Markle

**Author School:**

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## DRILL SPECS:

**Drill Theme:** Draws

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Game, Skill

**Field Position:** Offense, Midfield, Defense

**Skill Level:** Basic

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## OBJECTIVE:

To work on coming up with the draw control, maintaining possession and finishing a shot.

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## DRILL DESCRIPTION:

Divide the team in half. Goalies are in goals in the middle the field by the sidelines. Each team needs to pick a player to take the draw each round. Players line up like a game draw control. Whichever team gets possession of the ball on the draw must work to pass or shoot on the goalie immediately before being swarmed by defenders.

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## SKILLS PRACTICED:

- Draws
- 50:50 Balls
- Maintaining Possession
- Swarming the Ball
- Quick Ball Movement

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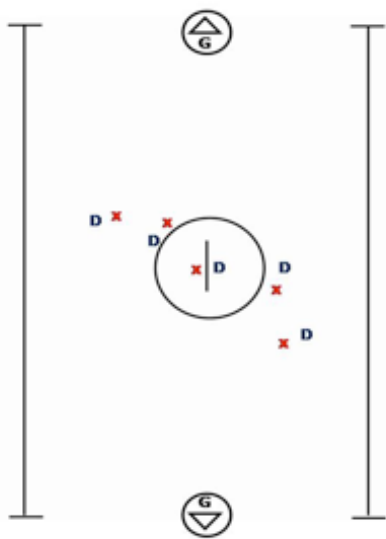
## VARIATIONS:

You move the goalies to a different area of the field to change up the game or you could add players behind the restraining line to make it more game-like.

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**DRILL DIAGRAM:**







## BEST GAME EVER

### DRILL SPECS:

**Drill Theme:** Clear & Defend the Fast Break

**Field Location:** Goal Circle

**Time Needed:** 5-10 Min

**Drill Style:** Game

**Field Position:** All

**Skill Level:** Basic, Can be progressed

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### OBJECTIVE:

This objective of this game is to help teach clearing and defending the fast break in a constraints-based game.

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### DRILL DESCRIPTION:

- 4 players plus a goalie (for each team) start behind GLE
- Each team clears the ball to the restraining line
- Every player has to receive a pass
- First team that reaches the restraining line turns and goes to goal
- Other team drops the ball and immediately plays defense (defend the break)
- Goalie whose team is not on defense, drops out
- Adjust number of players as needed

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### DRILL PROGRESSIONS:

The game can be played with or without sticks. Try using a mini soccer ball or football to focus on movement and positioning without the worry of dropping passes.

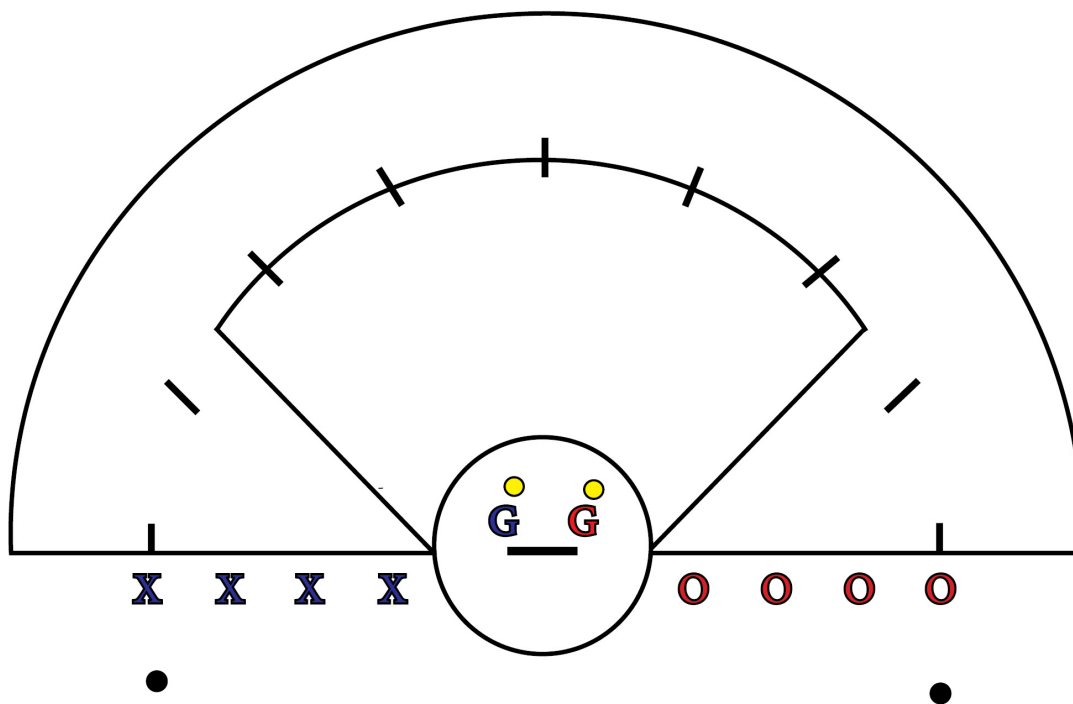
Introduce space and time constraints to progress or regress the game and to control the pace of the learning. Keep score and/or play to a desired number to promote competition.

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**DRILL DIAGRAM:**

Restraining Line







## WOMEN'S GRID LOCKED DRILL

### DRILL SPECS:

**Drill Theme:** Cradling and Dodging  
**Field Location:** Midfield  
**Time Needed:** 15 Min

**Drill Style:** Game, Skills  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Intermediate

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### OBJECTIVE:

To develop the skills of dodging and passing a defender.

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### DRILL DESCRIPTION:

Lay out three consecutive 15-by-15-yard grids, with a goal cage at the end of the last grid. Each team consists of three players. One team is on defense with one player positioned to defend in each grid without a stick. The attack team players each have a ball and line up behind the grid farthest from the goal. Each attacker tries to successfully dodge the opponent within the 15-yard space to move onto the next defender. If the attacker does not drop the ball and gets through the grid, she scores one point for her team, and she gets an additional point if she scores a goal after the last grid. A dropped ball ends the scoring opportunity in that particular grid, but she may move onto the next grid to challenge the defender. After all attackers had had three tries through the grid to score points, the teams switch roles.

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### SKILLS PRACTICED:

- 1 v 1 defense and attack
- Dodging
- Strong and Weak Hand Play
- Cradling

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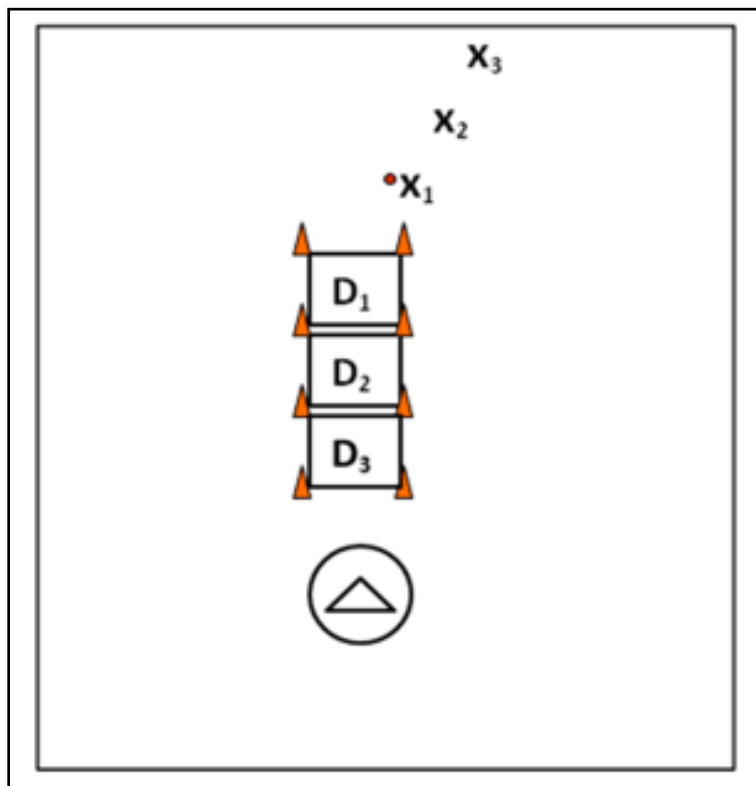
### VARIATIONS:

You can make the grid larger to make the game easier.  
You could put a time limit of five seconds on each player to get through the grid.  
The player must hit a target inside the goal for an extra point.  
Allow defenders to have sticks for defending.

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**DRILL DIAGRAM:**







Date: February 5, 2020  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup 15 Minutes
    - Run Lap
    - Two Line Passing
    - Three groups, line drills as warmup
  - ◇ Station 1 Women's Draw Control (50:50 Balls and draws skill)
  - ◇ Station 2 Grid Locked Drill (dodging and passing skill)
  - ◇ Drill free foul shots / 8-meter free position (no goalie, just cage guard)
  - ◇ 3 v 3 and/or 4 x 3 w/goalie
    - Variation to add coach roam around for the goalie to clear to
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Notes:

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# WOMEN'S DRAW CONTROL GAME DRILL

## AUTHOR INFORMATION:

**Author Name:** Laurie Markle

**Author School:**

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## DRILL SPECS:

**Drill Theme:** Draws

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Game, Skill

**Field Position:** Offense, Midfield, Defense

**Skill Level:** Basic

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## OBJECTIVE:

To work on coming up with the draw control, maintaining possession and finishing a shot.

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## DRILL DESCRIPTION:

Divide the team in half. Goalies are in goals in the middle the field by the sidelines. Each team needs to pick a player to take the draw each round. Players line up like a game draw control. Whichever team gets possession of the ball on the draw must work to pass or shoot on the goalie immediately before being swarmed by defenders.

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## SKILLS PRACTICED:

- Draws
- 50:50 Balls
- Maintaining Possession
- Swarming the Ball
- Quick Ball Movement

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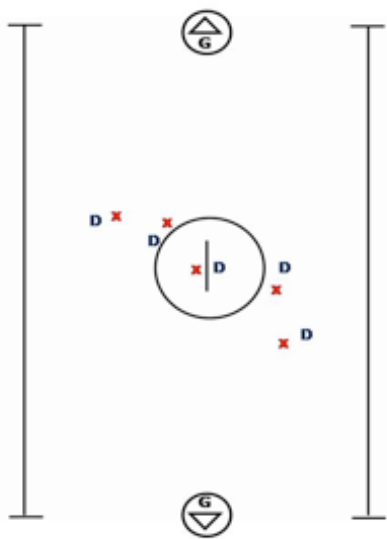
## VARIATIONS:

You move the goalies to a different area of the field to change up the game or you could add players behind the restraining line to make it more game-like.

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**DRILL DIAGRAM:**







## WOMEN'S GRID LOCKED DRILL

### DRILL SPECS:

**Drill Theme:** Cradling and Dodging  
**Field Location:** Midfield  
**Time Needed:** 15 Min

**Drill Style:** Game, Skills  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Intermediate

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### OBJECTIVE:

To develop the skills of dodging and passing a defender.

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### DRILL DESCRIPTION:

Lay out three consecutive 15-by-15-yard grids, with a goal cage at the end of the last grid. Each team consists of three players. One team is on defense with one player positioned to defend in each grid without a stick. The attack team players each have a ball and line up behind the grid farthest from the goal. Each attacker tries to successfully dodge the opponent within the 15-yard space to move onto the next defender. If the attacker does not drop the ball and gets through the grid, she scores one point for her team, and she gets an additional point if she scores a goal after the last grid. A dropped ball ends the scoring opportunity in that particular grid, but she may move onto the next grid to challenge the defender. After all attackers had had three tries through the grid to score points, the teams switch roles.

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### SKILLS PRACTICED:

- 1 v 1 defense and attack
- Dodging
- Strong and Weak Hand Play
- Cradling

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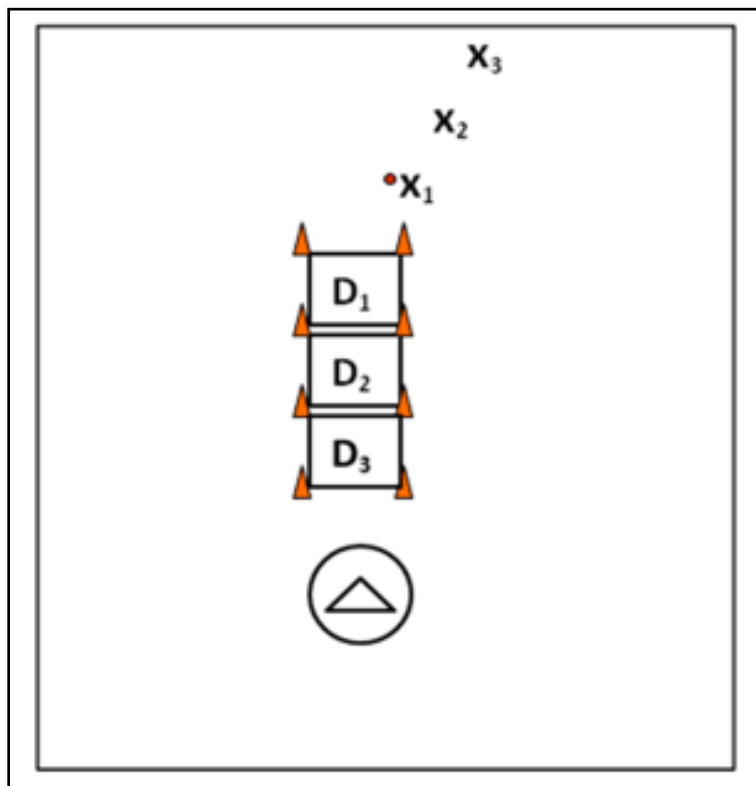
### VARIATIONS:

You can make the grid larger to make the game easier.  
You could put a time limit of five seconds on each player to get through the grid.  
The player must hit a target inside the goal for an extra point.  
Allow defenders to have sticks for defending.

---



**DRILL DIAGRAM:**







Date: February 10, 2020  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup 15 Minutes
  - Two Line Passing
  - Three groups, line drills as warmup
- ◇ Goalie training with Skyla (rotate groups of two / footwork) 45 Minutes
- ◇ Goalie in goal all practice
- ◇ Three Group Stations (rotate)
  - Star Drill
    - Variation is to add 5 cones showing offense set
  - Passing: Keep away drill (15' box)
- ◇ Two minutes to success
- ◇ 2v2 Earn Your Way Out 30 Minutes
- ◇ 3v3 or 4v4

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Notes:

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Coach gear

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February 23 Goal Sheet

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## Star Drill

Author Name

Author School

Drill Specs

Drill Theme: Ball Movement  
Field Position: Offense,  
Defense, Midfield

Drill Style: Warm-up, Skills  
Time Needed: 10 Min

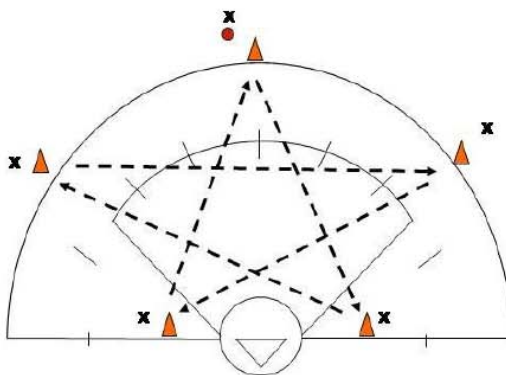
Field Location: Attack Zone  
Skill Level: Basic

Objective

A basic drill that allows for many touches for each player as they pass the ball and work skills through the drill.

Drill Description

Set up 5 cones in a star shape. Equal number of players at each cone. Line 1 passes to line 2. Line 2 passes to line 3. Line 3 passes to line 4. Line 4 passes to line 5. Line 5 passes to line 1. Players should follow their pass.



*Continued on next page*







## Star Drill, Continued

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**Skills Practiced**

- Ball Movement (Catching and Throwing)
- Catching and throwing on the run

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**Variations**

Catch and change hand to pass; Use ground balls instead of passing. Add 2 or 3 defenders in the center of the star to pressure passers.

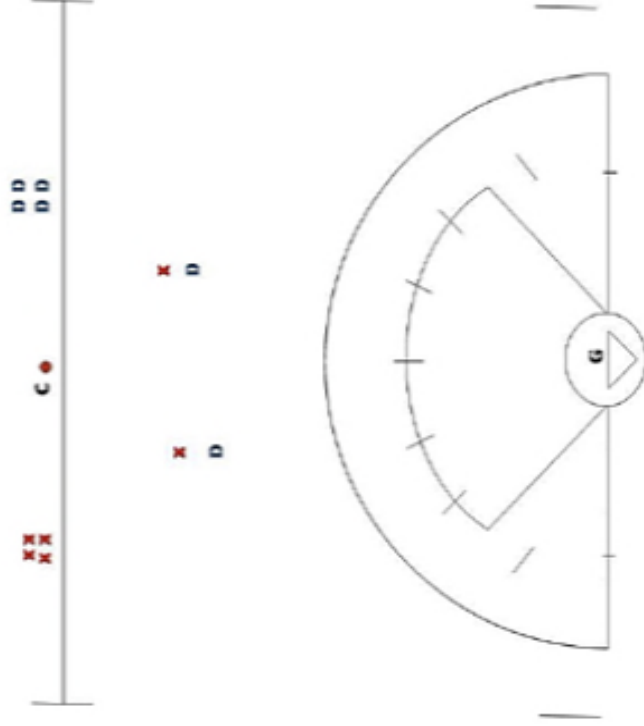
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## 2v2 Earn Your Way Out

Author Name	Mike Maher	Author School	Berkshire School
Drill Specs	Drill Theme: Even Strength Field Position: Offense, Defense, Midfield	Drill Style: Game, Conditioning Time Needed: 10 Min	Field Location: Attack Zone Skill Level: Intermediate
Objective	To work on defensive strategies in causing turnovers and defending the 8-meter.		
Drill Description	<p>Start by dividing players into 2 teams. X will be offense and D will be defense. Begin with a 2v2, offense going to goal. If a goal is scored, the coach throws a ball into the next attacking group on offense (X), and the same defenders stay in and face the new group of attack. To earn their way out, the defense must cause a turnover and come up with the ball. When they do, the next set of defenders come in. After a set time, change which team is on offense and which is on defense.</p>		

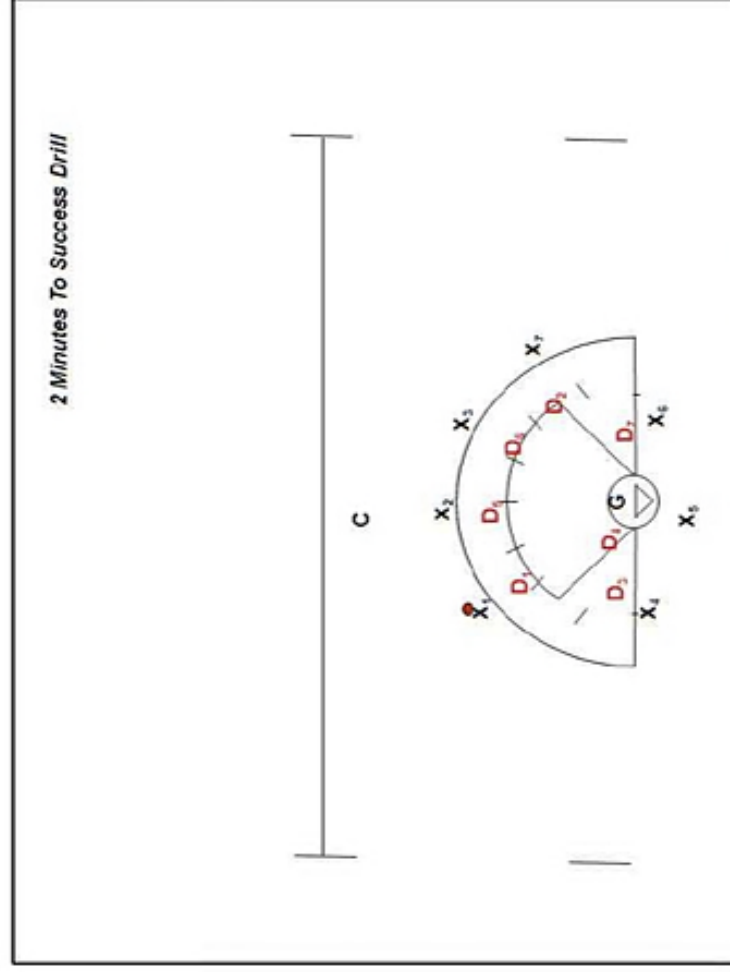


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## 2 Minutes To Success Drill

<b>Drill Specs</b>	<b>Drill Theme:</b> Even Strength <b>Field Position:</b> Offense, Defense	<b>Drill Style:</b> Games <b>Time Needed:</b> 15 Min	<b>Field Location:</b> Half Field <b>Skill Level:</b> Intermediate
<b>Objective</b>	Drill that has players work 7 on 7 in the half field with a time limit to hold the ball or cause a turn over.		
<b>Drill Description</b>	Have 7 players on offense go against 7 players on defense. The coach can start the ball from a ground ball or a pass into the players. Players on offense have 2 minutes to hold the ball and not turn it over to win the drill. The defense will work on chasing, checking, and double teaming the ball to cause a turnover within the 2 minutes. Offense cannot go past half field.		



*Continued on next page*





## Odd Number Keep Away

**Appropriate Age Group:** 8-18

**Skill(s) Practiced:** Dodging, Cradling, Stick Protection

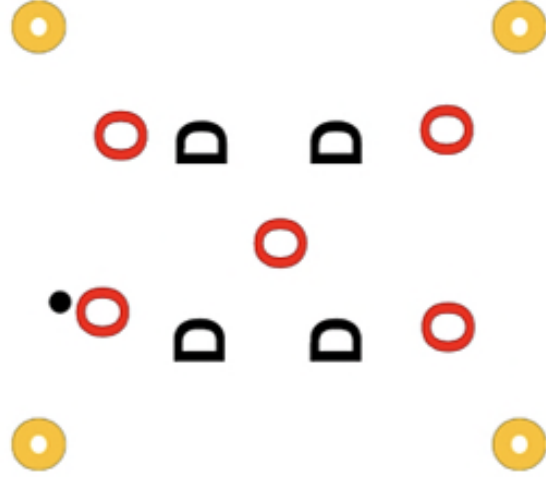
**Drill Duration:** 5 minutes

**Resources:** Balls, Multiple cones

**Description:** Set up field as shown, with cones 10-15yds. apart. For one minute intervals the team with more players must keep possession of the ball. Defenders (**D**) may use any age-appropriate legal tactics to try and gain possession of the ball. The Offense (**O**) receives one point for keeping possession and the Defense receives a point for either forcing an **O** outside of the box or acquiring the ball.

**Progression(s):** Alternate top hands on the stick. Have players use different dodge types. Defense can check or use other age appropriate defensive tactics.

**Drill Diagram:**







Date: February 12, 2020  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup 15 Minutes
    - Two Line Passing
    - Three groups, line drills as warmup
  - ◇ Goalie training with Skyla (rotate groups of two / footwork) 45 Minutes
  - ◇ Goalie in goal all practice
  - ◇ Two Group Stations (rotate)
    - Attack: Front Door Shooting Drill
    - Defense: Women's Double Team Progression Drill
  - ◇ 2v2 Earn Your Way Out 30 Minutes
  - ◇ 7v7
  - ◇ (Optional) Clear drill
  - ◇ (Optional) Longest shot game drill
- 

Notes:

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# WOMEN'S FRONT DOOR SHOOTING DRILL 3

## AUTHOR INFORMATION:

**Author Name:** Amy Altig

**Author School:** Penn State University

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## DRILL SPECS:

**Drill Theme:** Even Strength

**Field Position:** Offense, Defense, Midfield

**Time Needed:** 15 Min

**Drill Style:** Game

**Field Location:** Attack Zone

**Skill Level:** Intermediate

---

## OBJECTIVE:

To work on timing handling the pass and finishing the shot on the move.

---

## DRILL DESCRIPTION:

Start with 2 lines, 1 high and 1 low line. The low line passes high and immediately takes a crease cut with her stick up. At that point the pass comes back to the player, who should continue moving around the crease and finish on a mid or low shot. Keep this drill going for a high number of reps one after another.

---

## SKILLS PRACTICED:

- Shot Placement
- Timing
- Cutting
- Maintaining Possession

---

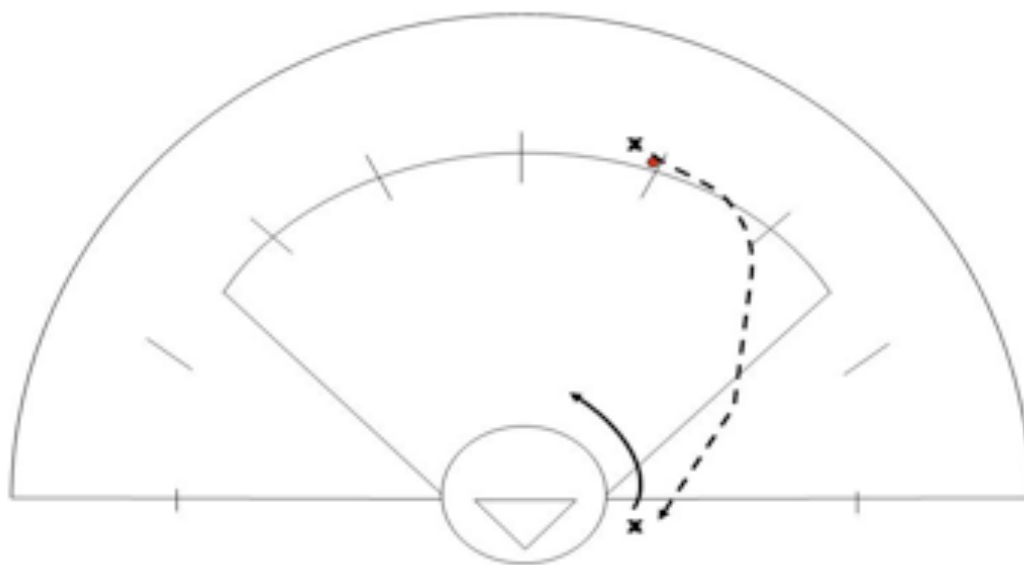
## VARIATIONS:

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

---



**DRILL DIAGRAM:**







## WOMEN'S DOUBLE TEAM PROGRESSION DRILL

### DRILL SPECS:

**Drill Theme:** Double Teams

**Field Location:** Half Field

**Time Needed:** 20 Min

**Drill Style:** Game, Skill

**Field Position:** Offense, Defense

**Skill Level:** Advanced

---

### OBJECTIVE:

The Double Team Progression Drill is intended to build a strong settled defense that can double team in small area. It builds into a game situation that required constant doubles, slides, and resetting.

---

### DRILL DESCRIPTION:

In the first 2 progressions of this drill the 12 meter area is split down the middle including the area directly behind the goal. Players are using a smaller area to accomplish their goal of double teaming the attacker with the ball, creating turnovers and transitioning the ball out of the defensive end. Attackers must also stay on one side of the field when doing the first two progressions. Each progression forces the defenders to work as a unit with good communication and to close a double, anticipate passes, and take risks. The final progression is a 4v4 or 5v5 and requires the defenders to work as a unit to slide, double team and re-set in a more game-like situation.

---

### SKILLS PRACTICED:

- Double Teaming on Defense
  - Slides and Crashing
  - Settled Defense
  - Settled Offense
-



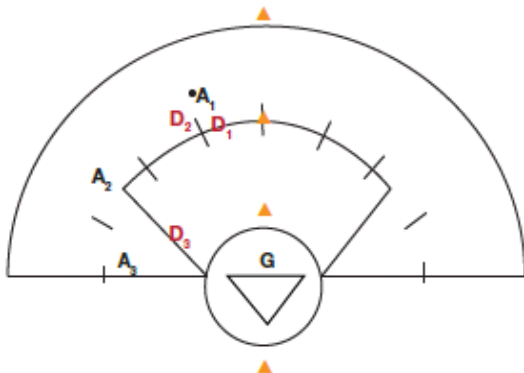
## DRILL DIAGRAM:



## VARIATIONS:

### **Progression 1 - Double team in a small space**

There are three attackers and three defenders to start the drill. The attacker at the top of the 8 meter area has the ball and starts in a double team. The lowest attacker to the crease is marked by the remaining defender. The attacker on the wing of the 8-meter is left open. On the coaches whistle play begins. The attacker with the ball tries to drive to goal or pass. Defenders are double teaming, sliding and resetting (if a pass is made). If the defense gets the ball they transition out with one pass.





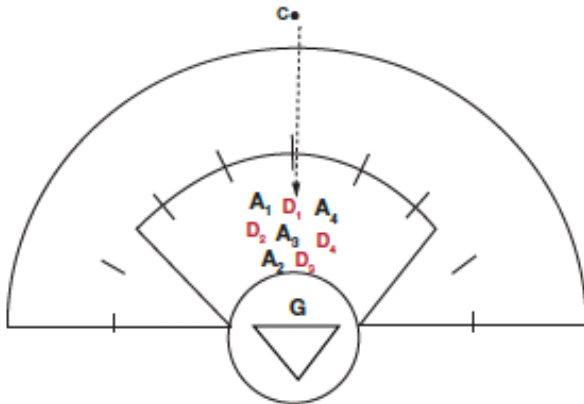
### **Progression 2 - Close the double team**

This begins as a 3v3 with one attacker high on the 8 meter, one on the wing of the 8 meter and one low. The ball starts low with A3 who passes the ball to A2 who passes it to A1. A1 receives the ball and drives to goal. At the same time A2 makes her pass she starts working her defender D2 with jab steps and V-cuts. D3 recognizes that A1 is going to drive to the cage and sends D2 to double-team. D3 is then looking to knock down or intercept a pass to A2 or A3. Attackers try to shoot or pass, if defenders gain control they must transition the ball out with one pass



### **Progression3 - Expand the drill to a 4v4 then a 5v5**

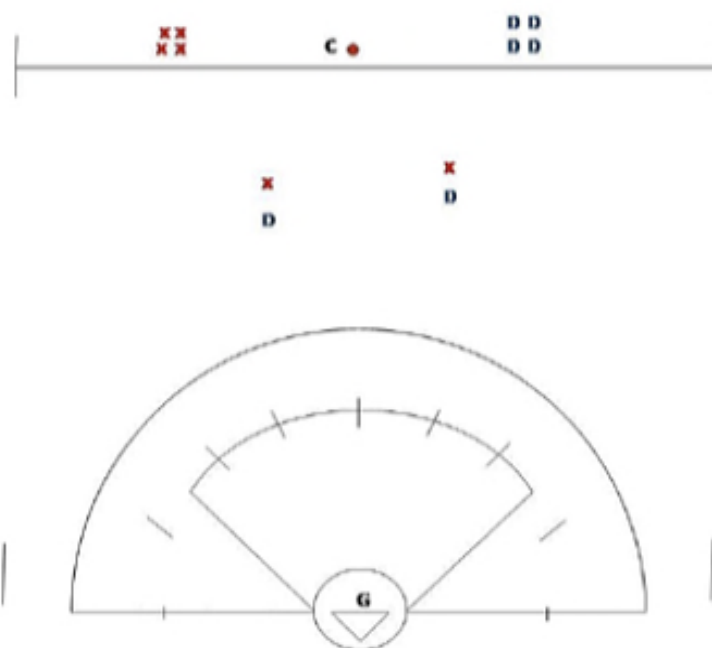
The field is no longer split and the drill plays out inside the 12-meter area and behind the goal. Start with a 4v4. All players are bunched up together inside the 8-meter arc. The coach starts the drill by tossing a high ball into the group. If the attackers get the ball, they look to get a quick shot off if they have it. If they don't have the shot, they pass or drive to goal. Defenders need to communicate, mark up and react to any attacker driving and double the ball. If defenders double and the attack moves the ball, the defenders must communicate and reset out of the double. If a defender gains control of the initial ball tossed in by the coach, they need one pass to transition the ball out of the 12-meter. The next ball into the group is a ground ball from the coach; they continue to alternate between one high ball and one ground ball. Progress to 5v5.





## 2v2 Earn Your Way Out

<b>Author Name</b>	Mike Maher	<b>Author School</b>	Berkshire School
<b>Drill Specs</b>	<b>Drill Theme:</b> Even Strength <b>Field Position:</b> Offense, Defense, Midfield <b>Drill Style:</b> Game, Conditioning <b>Time Needed:</b> 10 Min	<b>Field Location:</b> Attack Zone <b>Skill Level:</b> Intermediate	
<b>Objective</b>	To work on defensive strategies in causing turnovers and defending the 8-meter.		
<b>Drill Description</b>	Start by dividing players into 2 teams. X will be offense and D will be defense. Begin with a 2v2, offense going to goal. If a goal is scored, the coach throws a ball into the next attacking group on offense (X), and the same defenders stay in and face the new group of attack. To earn their way out, the defense must cause a turnover and come up with the ball. When they do, the next set of defenders come in. After a set time, change which team is on offense and which is on defense.		



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## WOMEN'S CLEARS AFTER THE SHOT DRILL

### DRILL SPECS:

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

**Drill Style:** Warm Up, Skills, Conditioning  
**Field Position:** Defense, Midfield  
**Skill Level:** Basic

---

### OBJECTIVE:

This basic clear drill will have your players in the right place and understanding how to breakout into space.

---

### DRILL DESCRIPTION:

The coach will move around the 12m arc and shoot a ball on the goalie. Once the goalie makes the save, she will yell clear to start a breakout of all 7 defensive players. Low defense will break out to the wings in a "banana" cut motion. 2 higher defense players will break up and out to the wing areas of the 12m, and the remaining midfielders will break up and out to create a standard break out.

Once the goalie clears the ball out to a breaking defender, you want to encourage 2-3 passes as the players look to transition the ball up the field.

---

### SKILLS PRACTICED:

- Clears
- Ball Movement (Catching and Throwing)

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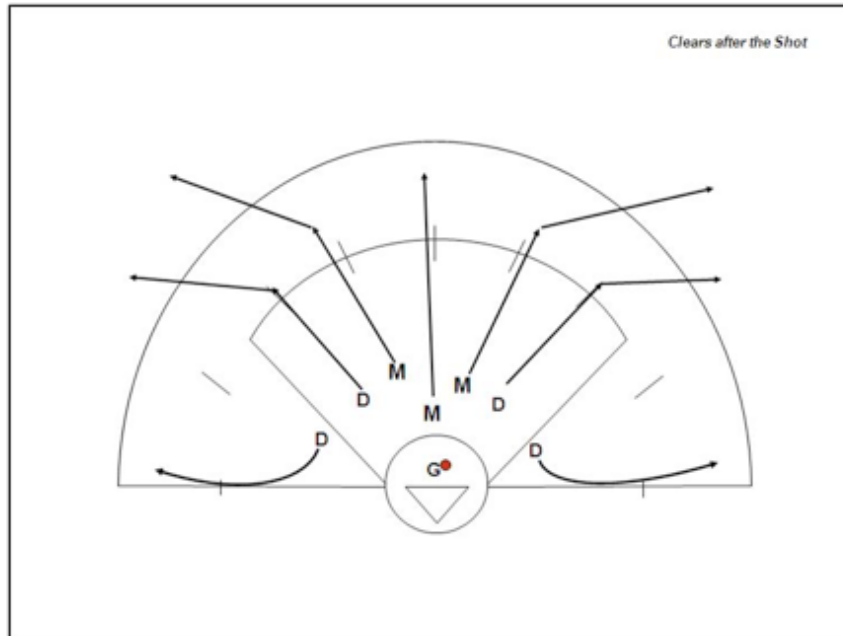
### VARIATIONS:

Add a ride into the mix and have players in different color pinnies roam the field and disrupt clears.

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**DRILL DIAGRAM:**







## LONGEST SHOT GAME

### DRILL SPECS:

**Drill Theme:** Passing

**Field Location:** Anywhere

**Time Needed:** 5-10 Min

**Drill Style:** Game

**Field Position:** All

**Skill Level:** Basic, can be progressed

---

### OBJECTIVE:

This objective of this simple game is to help players to be able to understand the concept of extending their arms away from their bodies in order to learn proper passing form, in a fun, athlete-development aligned manner. We recommend asking players, "Can you try to reach the goal in the air, or with one bounce." By using guided learning, the players will work to figure out the best way to use their body and stick to accomplish the goal.

---

### DRILL DESCRIPTION:

- Have each player stand with a ball at varying distances to a fixed target.
- Each player will work to achieve the goal set by their Coach during the guided learning phase.

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### DRILL PROGRESSIONS:

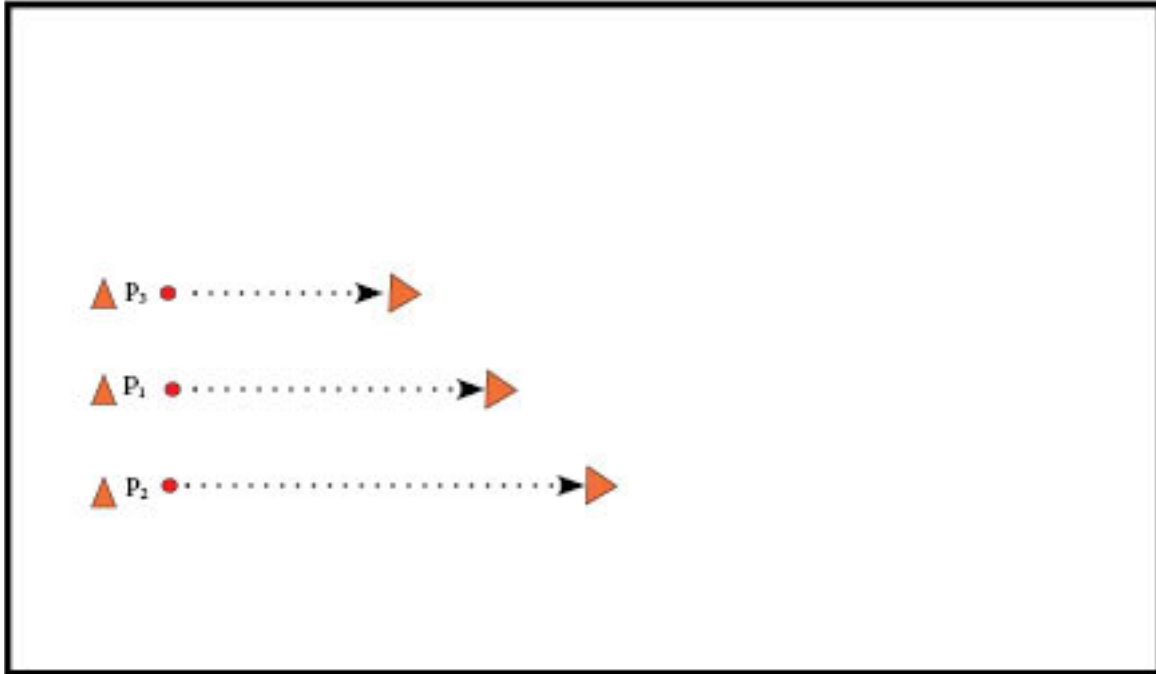
By increasing the distance to the goal, Coaches can identify and correct any technical issues their players may be experiencing. This game can also be progressed to have a competitive, fun time with older players.

Introduce space (distance) and time constraints to progress the game and to control the pace of the activity. Keep score and/or play to a desired number of repetitions to promote competition.

---



**DRILL DIAGRAM:**







Date: February 19, 2020  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

---

Drills:

- ◇ Dynamic Warmup 15 Minutes
    - Two Line Passing
    - Three groups, line drills as warmup
  - ◇ Goalie training with Skyla (rotate groups of two / footwork) 45 Minutes
  - ◇ Two Group Stations (rotate)
    - Attack: 3v3 Pass and Pick weave
    - Clear: Women's Pass Back Swing Drill
  - ◇ Women's riding drill 30 Minutes
  - ◇ 7v7
- 

Notes:

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Elk Grove Goal Sheet

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## WOMEN'S PASS BACK SWING DRILL

### DRILL SPECS:

**Drill Theme:** Clears  
**Field Location:** Half Field  
**Time Needed:** 15 Min

**Drill Style:** Warm Up  
**Field Position:** Defense  
**Skill Level:** Basic

---

### OBJECTIVE:

Helps teams develop the ability to turn out of pressure on a break out of the defensive zone while using the option of "swinging the ball" to the opposite side of the field. Very effective against teams that "ride"

---

### DRILL DESCRIPTION:

The goalie begins with the ball and yells "CLEAR", D3 takes off up the sideline for a leading pass. D3 is avoiding the middle of the field where a potentially opponents of the other team could be. After receiving the ball D3 runs forward just enough to draw her imaginary opponents' pressure; she'll then put on the brakes and turn to the outside of the field, protecting her stick from pressure and pass the ball backward to D2 who is trailing for a help pass. D2, then passes the ball up-field to D1. D1 then hits X2, an attacker or midfielder who has cut to ball, to create a safe reverse pass without losing possession or forcing a bad pass into the midfield.

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### SKILLS PRACTICED:

- Clearing the ball quickly
- Getting out of pressure
- Receiving long passes
- Sending the ball to the opposite side of the field

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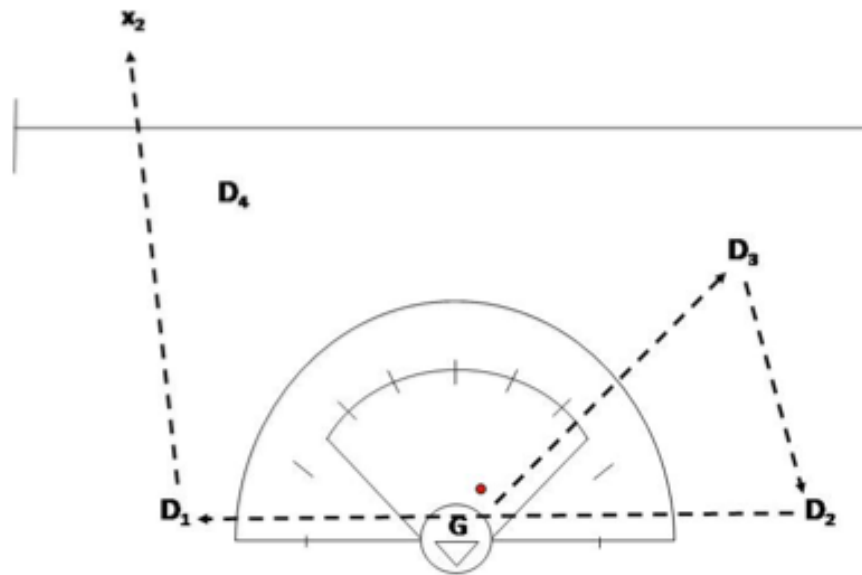
### VARIATIONS:

Add light pressure to defenders receiving the long pass. Making them work to get open will make this drill much more game-like.

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**DRILL DIAGRAM:**







## WOMEN'S RIDING DRILL: RIDING AFTER A SHOT ON GOAL

### DRILL SPECS:

**Drill Theme:** Rides

**Field Location:** Full Field

**Time Needed:** 15 Min

**Drill Style:** Skills

**Field Position:** Offense, Defense

**Skill Level:** Basic

---

### OBJECTIVE:

Improve your team's ability to ride the clearing team after a shot on goal.

---

### DRILL DESCRIPTION:

This is a drill/play set up to have a standard ride after a shot. The goal is to have your players get back on defense and pick up the players as they set up to clear. Notice your defense is locked on the attack, and your midfielders are getting back to midfield before the clearing team. This is to prevent the fast break by the clearing team.

---

### SKILLS PRACTICED:

- Riding
- Clearing
- Defensive Positioning

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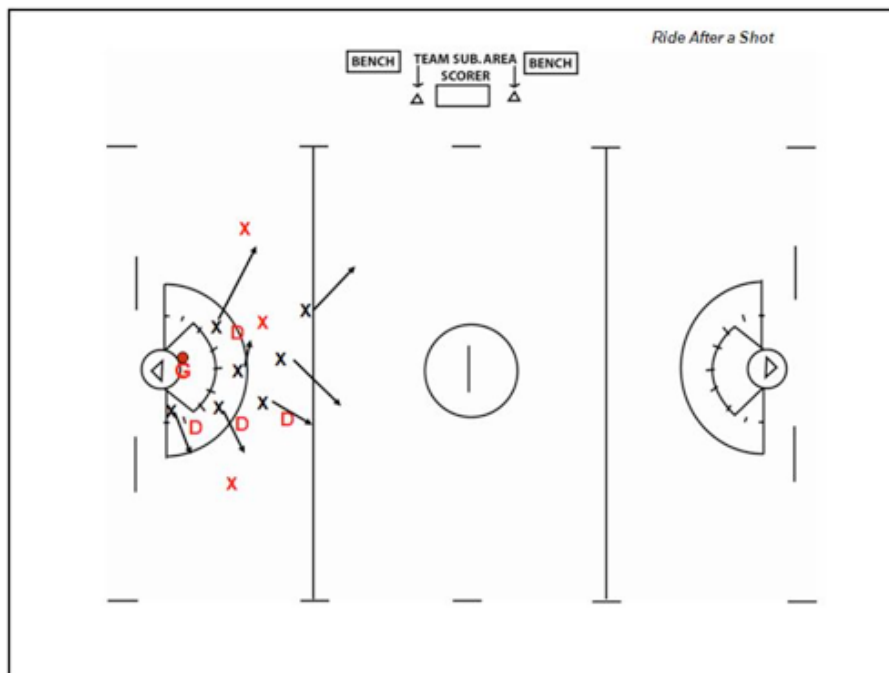
### VARIATIONS:

Add a stronger clear for the offensive team and practice forcing turnovers in situation play.

---



**DRILL DIAGRAM:**







Date: March 2, 2020  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup 25 Minutes
    - Two Line Passing
    - Three groups, line drills as warmup
    - Women's Inside Out Chaos Drill
  - ◇ Goalie training with Skyla (KK in goal / footwork) 35 Minutes
  - ◇ Two Group Stations (rotate)
    - Checking:
    - Passing: Pass and Touch the Stick
    - Transition: Women's Transitional Cuts Drill
  - ◇ Women's Eagle Drill 30 Minutes
- 

Notes:

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## WOMEN'S INSIDE OUT CHAOS DRILL

### DRILL SPECS:

**Drill Theme:** Ball Movement

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Warm-Up, Skill

**Field Position:** Offense, Defense

**Skill Level:** Intermediate

---

### OBJECTIVE:

To incorporate lots of touches on the ball in a dynamic patterned drill set.

---

### DRILL DESCRIPTION:

Set up 6 cones in a rectangle with 3 on each side approx. 15 meters apart and 20 meters wide. Have at least 3 players per cone. 3 balls start on one length of the rectangle. The corners pass on a diagonal and the center lines pass across the width. After a player passes she cuts to the next line in a clockwise manner. Players should ask for the ball with the hand on the outside of the box. Encourage them to attack and run through their catch and follow through in the direction of their pass. Each player passes the ball relatively the same time.

---

### SKILLS PRACTICED:

- Quick ball movement
- Pattern Passing
- Timing and speed of play
- Effective Communication between teammates

---

### VARIATIONS:

Add a fourth ball to the drill. The ball will move around the outside of the drill and will be passed by the last person in each corner line.

---



**DRILL DIAGRAM:**







## WOMEN'S PASS AND TOUCH THE STICK DRILL

### DRILL SPECS:

**Drill Theme:** Ball Movement

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Skill, Conditioning

**Field Position:** Offense, Defense, Midfield

**Skill Level:** Basic

---

### OBJECTIVE:

Allows for many touches at a high speed for each player as they pass the ball and work skills through the drill. The basis of the drill is to keep the ball in the air and work on your catching and throwing when fatigued.

---

### DRILL DESCRIPTION:

For this drill you need 3 people in a group. 2 players stand about 20-yards apart, each with a ball. The 3<sup>rd</sup> player stands halfway between their teammates. When the coach yells "GO" the X3 starts to run towards X1 with a ball asking with their dominant hand up. After X3 receives the ball, she quickly gives it back, touches the stick of X1 who initially threw the ball and turns to receive the ball from the X2, 20-yards away. X3 will repeat; catch, cradle, throw, touch stick, turn and receive. There should be about a 30-60 second time limit, then the players switch roles. Once all the players have finished dominant hand they can switch to non-dominant, catch Left-throw Right, and catch Right- throw Left.

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### SKILLS PRACTICED:

- Ball Movement (Catching and Throwing)
  - Conditioning
  - Strong and Weak Hand Play
- 

### VARIATIONS:

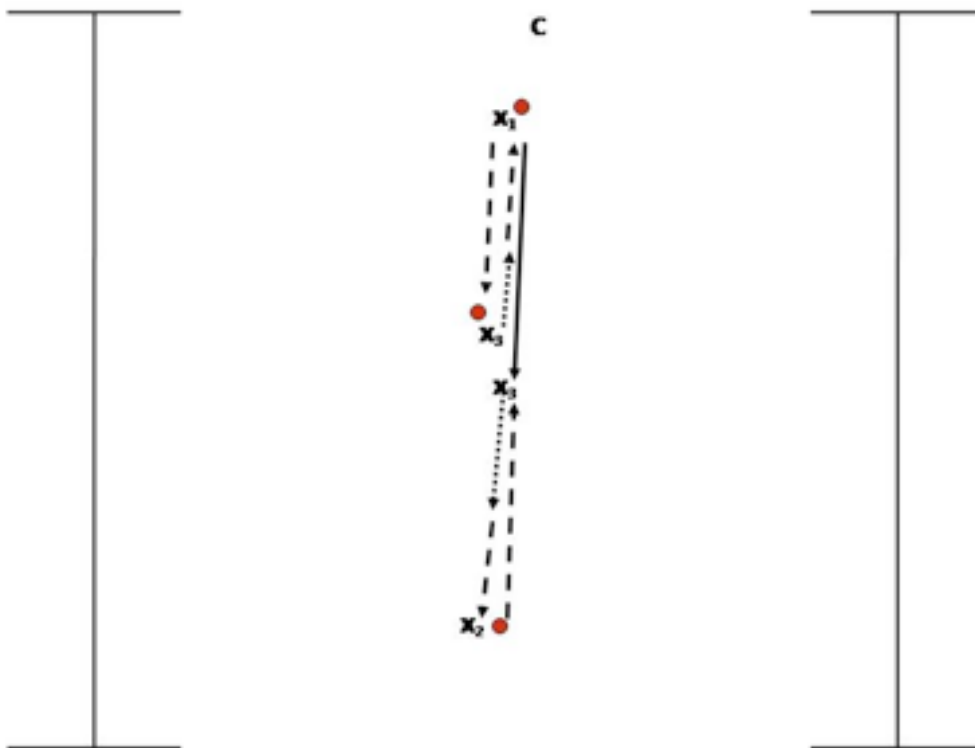
You can add in a specific number of touches a player needs to get within 60 seconds to make it competitive.

Change up throws to ground balls, bounce passes, or away passes.

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**DRILL DIAGRAM:**







## WOMEN'S TRANSITIONAL CUTS DRILL

### AUTHOR INFORMATION:

**Author Name:** Lauren Caminiti

**Author School:** Temple University

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### DRILL SPECS:

**Drill Theme:** Transition

**Field Position:** Offense, Midfield, Defense

**Time Needed:** 15 Min

**Drill Style:** Conditioning, Skill

**Field Location:** Full Field

**Skill Level:** Intermediate

---

### OBJECTIVE:

To work offensively and defensively on transitional cuts across the entire field. Getting free and making an accurate pass as well as denying the cuts or good body positioning after catch.

---

### DRILL DESCRIPTION:

This drill is a full field drill, set up 5 pairs of defense and attack from goal line to goal line. The ball should begin with an attacker with a defender guarding her. The next pair in line is timing the cut, breaking free of a defender or trying to defend the pass. Make sure passes are accurate and the attacker is able to get their stick free, rather than throwing through a defenders stick. If a pass is broken up or loss of possession just pick it up and continue with the drill. Other pairs waiting should make initial moves and time the cuts appropriately. Once the ball has reached the other end, the players should switch roles, defense goes to attack and attack goes to defense. The ball then goes back down the line.

---

### SKILLS PRACTICED:

- Timing the Cuts
- Accurate Passing
- Cutting with Pressure
- Denying cuts and passes defensively
- Defensive Positioning

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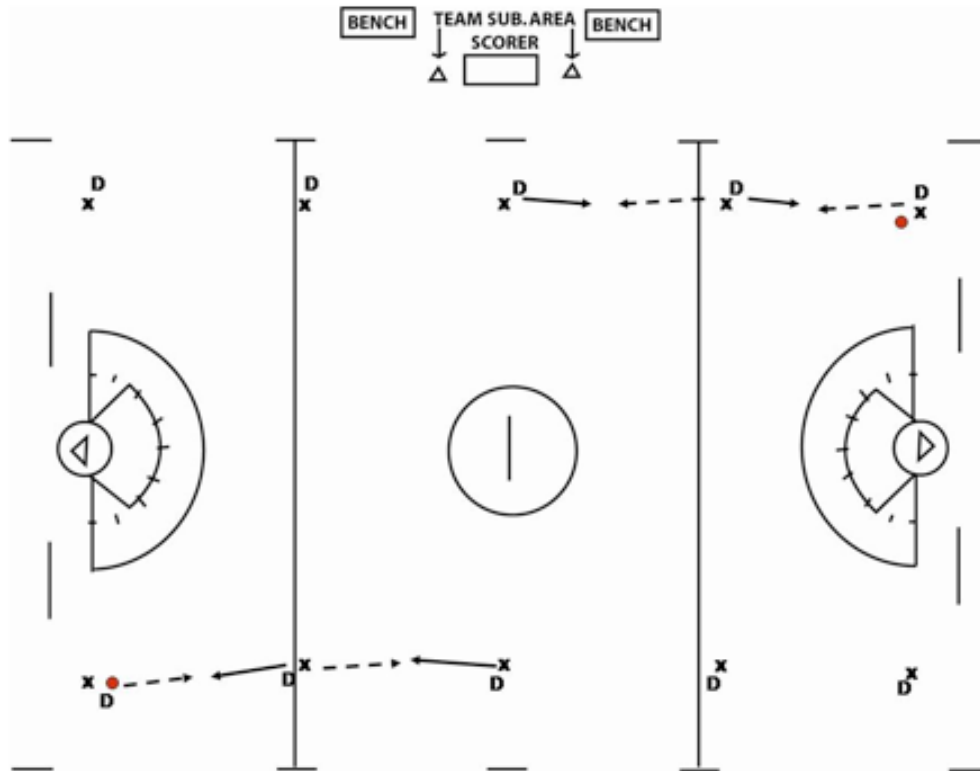
### VARIATIONS:

You can add a neutral player in the middle of the field off to the side if the next pair is unable to get free.

Also you can allow the last player to go to goal.



**DRILL DIAGRAM:**







## WOMEN'S EAGLE DRILL

### AUTHOR INFORMATION:

**Author Name:** Bowen Holden

**Author School:** Boston College

---

### DRILL SPECS:

**Drill Theme:** Even Strength

**Field Location:** Attack Zone

**Time Needed:** 10 Min

**Drill Style:** Game

**Field Position:** Offense, Defense, Midfield

**Skill Level:** Advanced

---

### OBJECTIVE:

To work on quick ball movement and communication on and off the field.

---

### DRILL DESCRIPTION:

Start by dividing players into 2 teams and have each line up along the restraining line (GK included), on either side of the coach. The drill is a 4v4, on offense you need 2M, 2A, on defense you need 2M, 2D. If the offense team scores, they get the ball back, clear to the restraining line and play continues. If defense causes a turnover then clears to the restraining line, 2 defenders come off and 2 attackers come on.

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### SKILLS PRACTICED:

- Communication – where to force the attacker with the ball
- Ball Movement
- Help Defense

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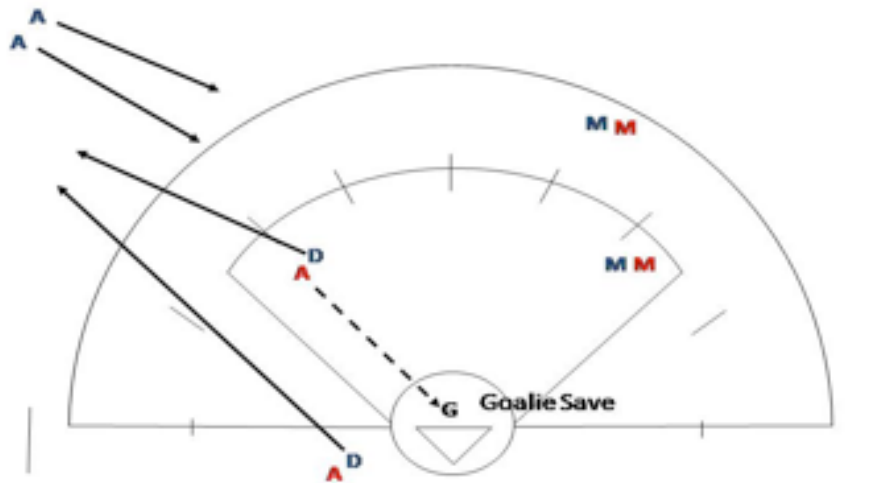
### VARIATIONS:

You can make it competitive by keeping score, every goal is worth a point. Also you can create man up/down situations for more game like feel.

---



**DRILL DIAGRAM:**







Date: March 9, 2020  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup 25 Minutes
    - Two Line Passing
    - Three groups, line drills as warmup
    - Over the shoulder / ground balls emphasis
  - ◇ Goalie training with Skyla (KK&Ava in goal / footwork) 35 Minutes
  - ◇ Two Group Stations
    - Game Preparation: Clear/Ride to X, slide on defense
    - GB: Canadian 2v2 Ground Ball Drill
    - Passing: Modified Star Drill
  - ◇ Women's Eagle Drill 30 Minutes
  - ◇ Women's 8 Meter to Clear Drill
- 

Notes:

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Ask parents about availability for March 18<sup>th</sup> picture day.

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Picture form delivery.

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## WOMEN'S CANADIAN 2V2 GROUNDBALLS DRILL

### DRILL SPECS:

**Drill Theme:** Ground Balls  
**Field Location:** Attack Zone  
**Time Needed:** 15 Min

**Drill Style:** Game  
**Field Position:** Offense, Defense  
**Skill Level:** Intermediate

---

### OBJECTIVE:

To focus players on ground balls in game like situations. The drill forces players to communicate, gain possession under pressure, and then go to goal.

---

### DRILL DESCRIPTION:

The coach will be at the top of the attack zone with a bucket of balls.  
(2) Lines of players in white will be behind the cage with (2) lines of dark players.  
The coach will roll out a ball and the first players in each line will go after the ground ball.  
Players use communications to indicate possession of the ball and then the team with the ball is on offense and the team without goes on defense. The drill ends with a shot, save, or clear.

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### SKILLS PRACTICED:

- Ground Balls
  - Communication
  - Ball Movement
  - Conditioning
- 

### VARIATIONS:

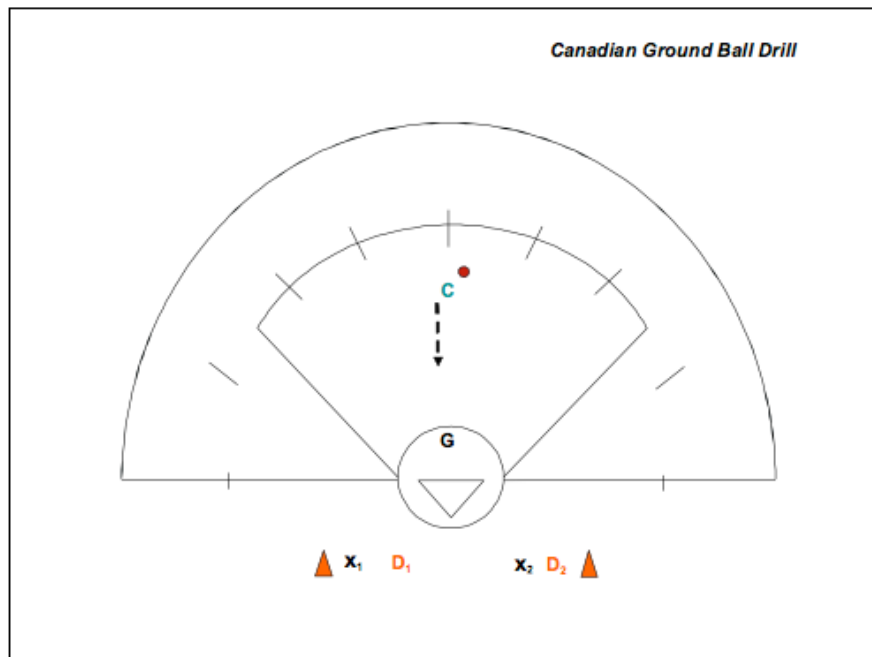
Have the goalie clear all saves or goals back to the defensive team and work on re-breaking up the field after a player shoots.

Also, have the coach add players by yelling "plus 1" at random times to increase the 2 v 2, into a 3 v 3.

---



**DRILL DIAGRAM:**







## Star Drill

Author Name

Author School

Drill Specs

Drill Theme: Ball Movement  
Field Position: Offense,  
Defense, Midfield

Drill Style: Warm-up, Skills  
Time Needed: 10 Min

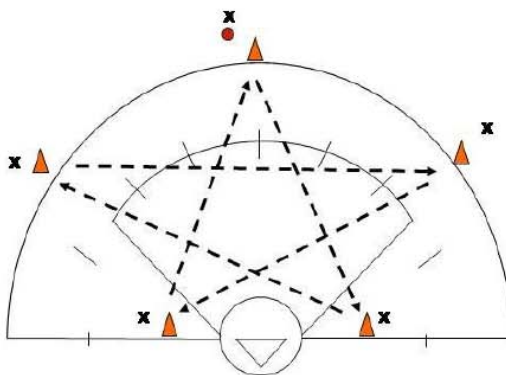
Field Location: Attack Zone  
Skill Level: Basic

Objective

A basic drill that allows for many touches for each player as they pass the ball and work skills through the drill.

Drill Description

Set up 5 cones in a star shape. Equal number of players at each cone. Line 1 passes to line 2. Line 2 passes to line 3. Line 3 passes to line 4. Line 4 passes to line 5. Line 5 passes to line 1. Players should follow their pass.



*Continued on next page*







## Star Drill, Continued

---

**Skills Practiced**

- Ball Movement (Catching and Throwing)
- Catching and throwing on the run

---

**Variations**

Catch and change hand to pass; Use ground balls instead of passing. Add 2 or 3 defenders in the center of the star to pressure passers.

---







## WOMEN'S EAGLE DRILL

### AUTHOR INFORMATION:

**Author Name:** Bowen Holden

**Author School:** Boston College

---

### DRILL SPECS:

**Drill Theme:** Even Strength

**Field Location:** Attack Zone

**Time Needed:** 10 Min

**Drill Style:** Game

**Field Position:** Offense, Defense, Midfield

**Skill Level:** Advanced

---

### OBJECTIVE:

To work on quick ball movement and communication on and off the field.

---

### DRILL DESCRIPTION:

Start by dividing players into 2 teams and have each line up along the restraining line (GK included), on either side of the coach. The drill is a 4v4, on offense you need 2M, 2A, on defense you need 2M, 2D. If the offense team scores, they get the ball back, clear to the restraining line and play continues. If defense causes a turnover then clears to the restraining line, 2 defenders come off and 2 attackers come on.

---

### SKILLS PRACTICED:

- Communication – where to force the attacker with the ball
- Ball Movement
- Help Defense

---

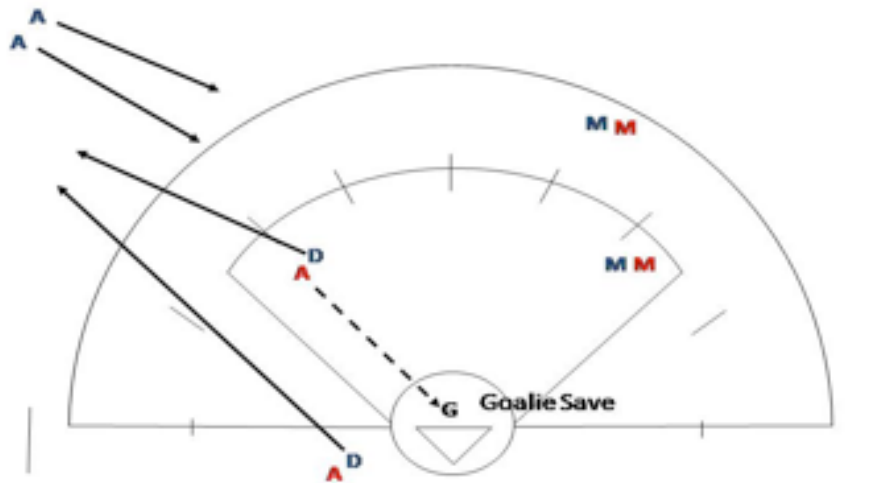
### VARIATIONS:

You can make it competitive by keeping score, every goal is worth a point. Also you can create man up/down situations for more game like feel.

---



**DRILL DIAGRAM:**







## WOMEN'S 8-METER TO CLEAR OUT DRILL

### DRILL SPECS:

**Drill Theme:** Clears  
**Field Location:** Attack Zone  
**Time Needed:** 10 Min

**Drill Style:** Game  
**Field Position:** Defense, Midfield  
**Skill Level:** Intermediate

---

### OBJECTIVE:

To work on crashing on an 8-meter free position to gain possession and clearing the ball quickly for fast offensive transition.

---

### DRILL DESCRIPTION:

Start with 1 attacker lined up for an 8-meter free position shot, on any hash with 5 defenders surrounding. The defenders should line up as follows. 1 defender behind the shooter, 2 defenders on either side of the shooter, and 2 defenders low towards the goal circle. The attacker goes to goal on the whistle and all the defenders crash, while the defender behind breaks for a long clear if there is a Goalie save. Another defender runs behind the cage if there happens to be a missed shot. If there is a save, the Goalie then hits the defender who has cut long, hopefully creating a fast break opportunity. If the attacker scores, a new attacker enters and picks any hash on the 8-meter arc.

---

### SKILLS PRACTICED:

- Crashing on Attacker
  - Angles of Cutting for Goalie Clears
  - Fast Breaks
  - Rebounding Off Shots
- 

### VARIATIONS:

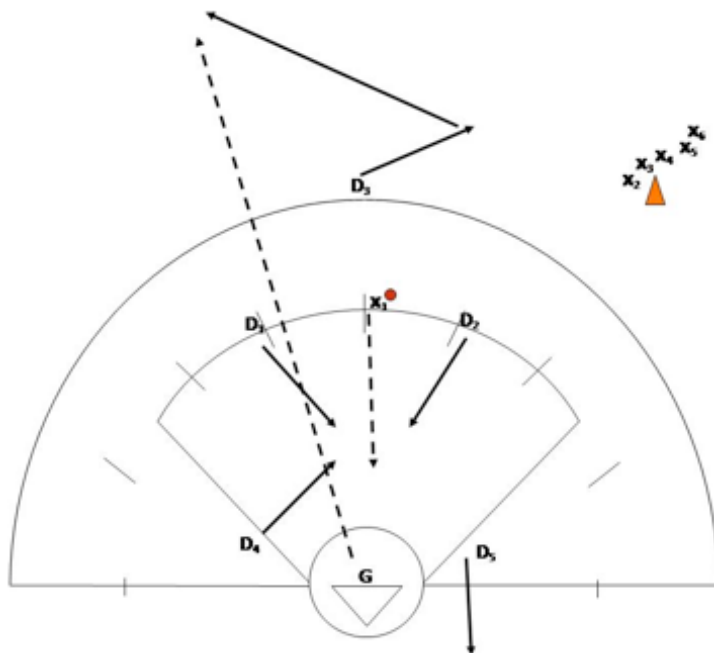
You can add additional attackers to the low crease to provide for a pass option on the 8-Meter.

Also an attacker could be added to the Goalie and defender for the long clear to make the connection more challenging.

---



**DRILL DIAGRAM:**







Date: February 8, 2021  
Practice Name: 14U Girls  
Estimated Duration: 75 Minutes

---

Drills:

- ◇ 5 minute team building 5 Minutes
  - Go over social distancing rules.
  - Intro team building
  - Explain the USL App and have each kid select a drill they want to see run
- ◇ Dynamic Stretching 10 Minutes
  - Two line stretching
  - 10 Yard Sprints
  - Women's Crease sprints
- ◇ Pass/Catch to quick cradle – entire team 10 Minutes
  - Work ground balls as well by dropping right in front of the receiver
  - Focus on fundamentals as this is first practice
- ◇ Beginners - Pass/Catch to quick cradle 10 Minutes
  - Cradling
  - Triple threat – defensive slide
  - Triple threat – defensive slide vs. an attack/cradle
- ◇ Experienced - Pass/Catch to quick cradle
  - Do L cuts throwing to the second person in-line
  - Move lines in to 6' apart and work on short quick passing
- ◇ Station 1 – dust off drill
  - Change of Direction Drill 20 Minutes
- ◇ Station 2 - shooting
  - Cross crease finishing drill 20 Minutes

---

Notes:

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Remind parents to keep TeamSnap availability and health checks updated

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Walk in groups to cars

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## WOMEN'S CREASE SPRINTS DRILL

### DRILL SPECS:

**Drill Theme:** Conditioning, Agility  
**Field Location:** Attack Zone  
**Time Needed:** 5 Min

**Drill Style:** Conditioning  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Basic

---

### OBJECTIVE:

To improve speed and agility.

---

### DRILL DESCRIPTION:

Drill is to be completed around the crease. Have players run half a circle, touch the other cone, and then back pedal or slide away up the side of the 8m.

---

### SKILLS PRACTICED:

- Quick footwork
- Agility and quick change of direction

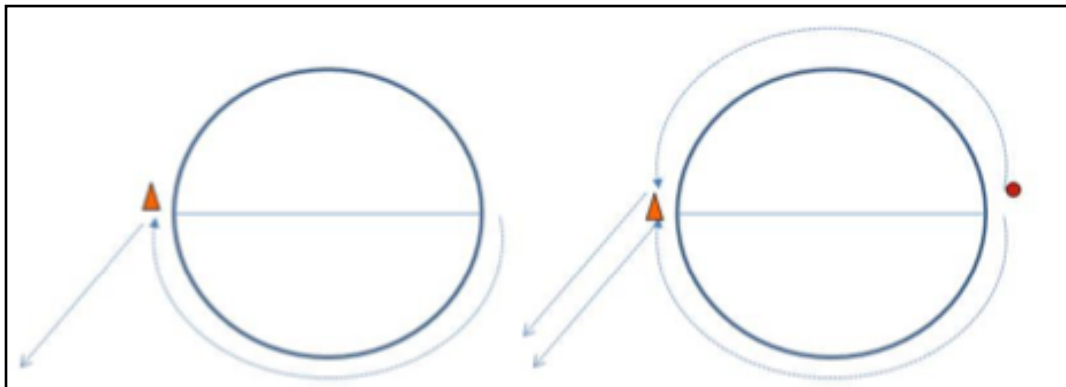
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### VARIATIONS:

Add attack player with a ball. Defense runs as far as possible around crease before meeting attacker; then retreats to force offense away from goal.

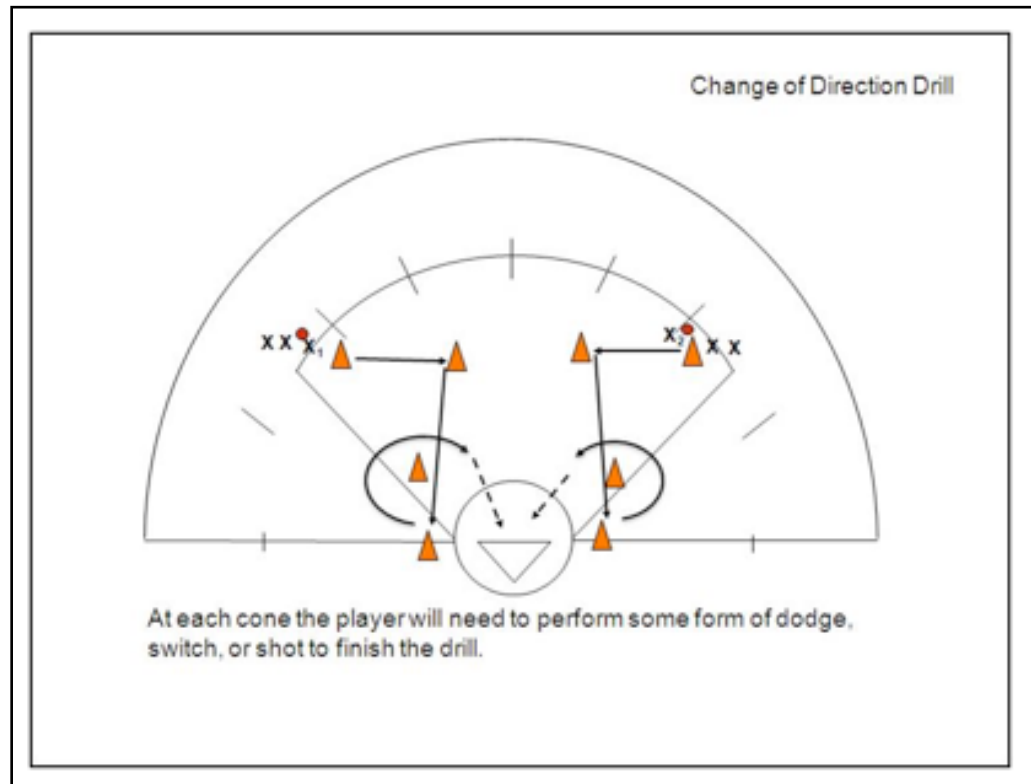
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### DRILL DIAGRAM:





**DRILL DIAGRAM:**





# Cross Crease Finishing Drill

## Drill Specs

**Drill Theme:** Shooting  
**Field Position:** Offense

**Drill Style:** Skills  
**Time Needed:** 10 Min

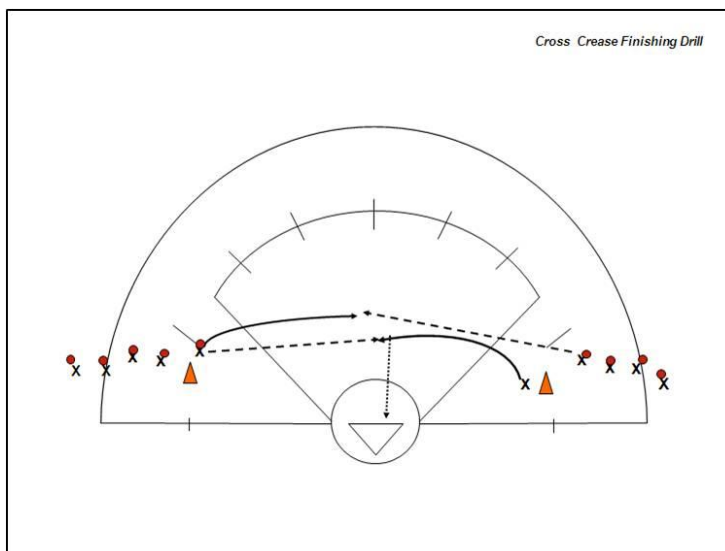
**Field Location:** Attack Zone  
**Skill Level:** Basic

## Objective

This drill is excellent for teaching players to time shots and finish on the crease or close shooting spots. It is a rapid fire drill that has each player passing to someone, and then getting a feed. Great for getting a lot of players through a drill.

## Drill Description

All players have a ball except the player that starts the shooting. That player cuts up to the top of the crease and receives a pass from the player in the left line, catch, and shot. The player in the left line, who just fed the ball, cuts in and pops for a pass from the next player in the right line. It is a rapid fire drill to get a lot of reps and a lot of finishing.



## Skills Practiced

- Shooting
- Feeding
- Cutting

## Variation

Vary the locations of shot placement. Have your players shoot all high, all low, all 5 hole. You may also use ground balls to force your players to scoop and finish, or maybe work some behind the back shots.





Date: February 10, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

---

Drills:

- ◇ Dynamic Warmup
  - Two-line drills as warmup
  - Introductions, team building
- ◇ Pass/Catch to quick cradle – entire team
  - Work ground balls as well by dropping right in front of the receiver
  - Cradling
- ◇ Conditioning drill
  - The 2s (split into groups of 2s for this drill)
- ◇ Women's 5 Yard Scoop Drill
- ◇ Women's ball hunt drill
  - Have 3 on Offense and 4 on defense
- ◇ Women's up and back sprints
- ◇ Women's star drill
- ◇ End with a fun relay type or fun shooting type of game

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Notes:

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## WOMEN'S 5 YARD SCOOP OUT DRILL

### DRILL SPECS:

**Drill Theme:** Ground Balls  
**Field Location:** Midfield  
**Time Needed:** 10 Min

**Drill Style:** Skill, Warm-Up  
**Field Position:** Midfield  
**Skill Level:** Basic

---

### OBJECTIVE:

To teach players the basics of ground ball pick ups, by doing repetitive scoops down the field.

---

### DRILL DESCRIPTION:

Have your players line up at one end line or side line, all with a lacrosse ball.  
On the first whistle the players will roll the ball out about 5 yards.  
On the second whistle the players will run to the ball and quickly get into a scoop position overtop of the ball, and freeze.  
On the third whistle they will scoop through the ball and sprint to the next line, cone or endline.  
Repeat this drill the length of the field, or back and forth between cones 10 yards apart.

---

### SKILLS PRACTICED:

- Ground Balls
  - Conditioning
- 

### VARIATIONS:

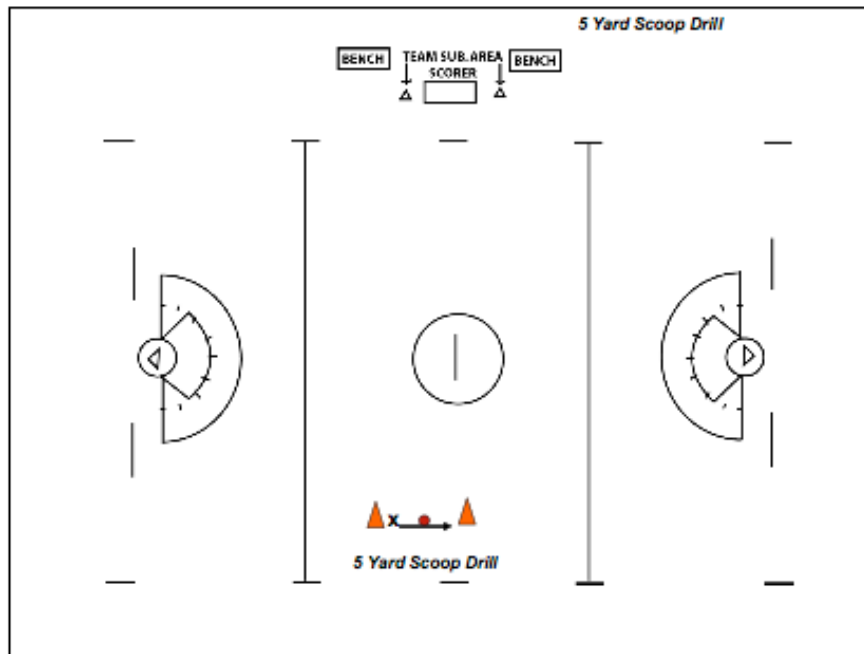
Have players freeze over top of the ball, then on the next whistle have them move the ball out and work on not covering the ball as they practice being creative in pressure situations, then picking up the ball. Also have players practice this along a sideline, so they practice scooping along the sideline with their backside to pressure.

---

### DRILL DIAGRAM:

FOR MORE DRILLS, VISIT [USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE](https://uslacrosse.org/coaches/drills-archive)









## BALL HUNT

### DRILL SPECS:

**Drill Theme:** Redefend & Backside Double  
**Field Location:** Goal Circle  
**Time Needed:** 5-10 Min

**Drill Style:** Game  
**Field Position:** All  
**Skill Level:** Basic, Can be progressed

---

### OBJECTIVE:

This objective of this game is to help teach redefending after a shot/save and creating opportunities for a backside double.

---

### DRILL DESCRIPTION:

- Goal keeper starts with the ball on a clear
- One defender (X1) covers the goalie - Stick and arm length in front of the crease.
  - NEVER go behind GLE. If the goalie or other players go below GLE, let them. Contain and stay in front.
- Defender X1 forces the Goalie to pass right or left
- Defenders X2 & X3 allow the clear low right or left
- Defenders should look to trap in corners, double team the ball carrier, force a turnover or pass back to goalie.
- Defenders should shift as the ball shifts - Overplaying ball side
- Always looking to keep the ball and players in front/below

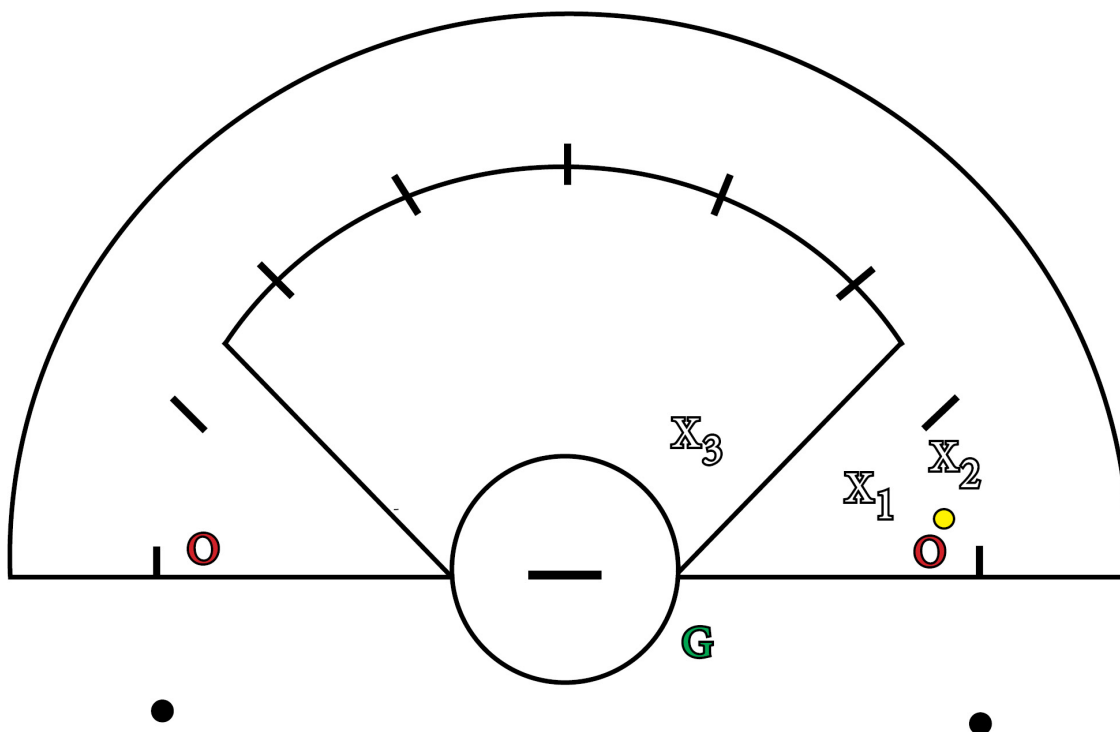
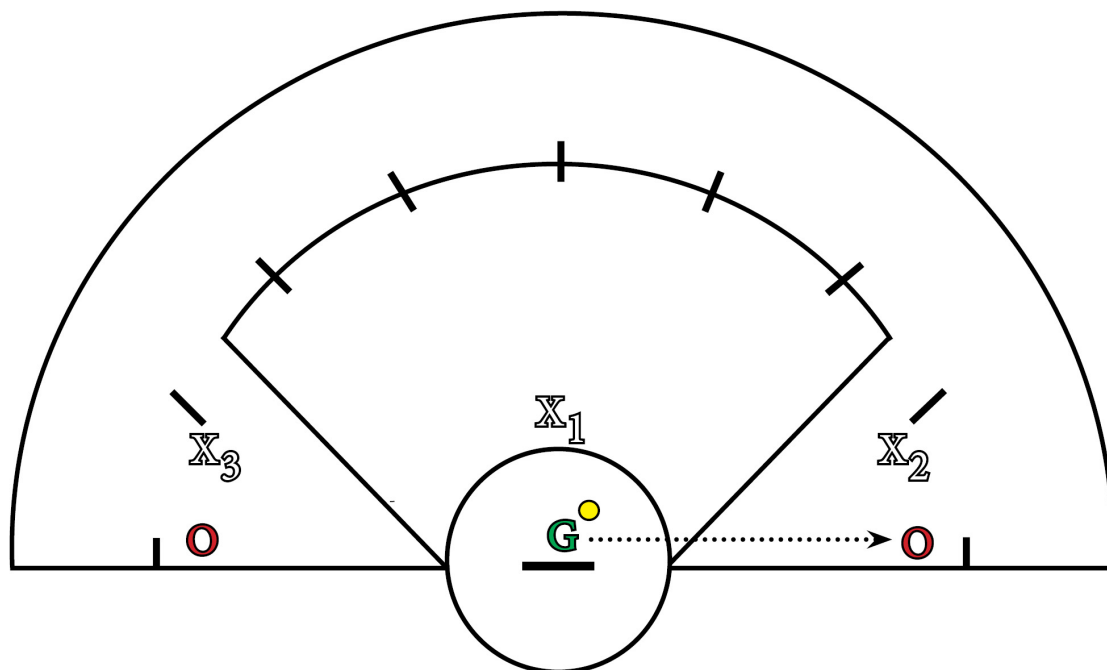
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### DRILL PROGRESSIONS:

1. Force pass to low corner and then deploy the trap and double
  - a. Keep players in front
  - b. Shift as ball shifts
  - c. Hunt the ball, create chaos and turnovers.



**DRILL DIAGRAM:**







## WOMEN'S UP AND BACK SPRINTS WHILE CRADLING DRILL

### DRILL SPECS:

**Drill Theme:** Footwork  
**Field Location:** Attack Zone  
**Time Needed:** 10 Min

**Drill Style:** Conditioning  
**Field Position:** Defense, Offense, Midfield  
**Skill Level:** Basic

---

### OBJECTIVE:

Up and Back sprints allow for players to practice footwork and change of direction while cradling and changing speeds. The drill allows players to work on staying low to the ground when planting and changing directions, and learning to control their body and sticks. It is also a great practice for back out of double teams and then pushing through on to a shot.

---

### DRILL DESCRIPTION:

Set up 5 cones in a zig zag, with about 5-10 yards between each cone. Players will start at a cone with a ball, and will cradle while sprinting up and back around each cone. The up and back sprinting will require various changes of directions and require players to vary speeds. Have the player go all the way through the 5 cones, take a shot on goal, and then run back to the starting line.

---

### SKILLS PRACTICED:

- Conditioning
  - Footwork
  - Cradling
- 

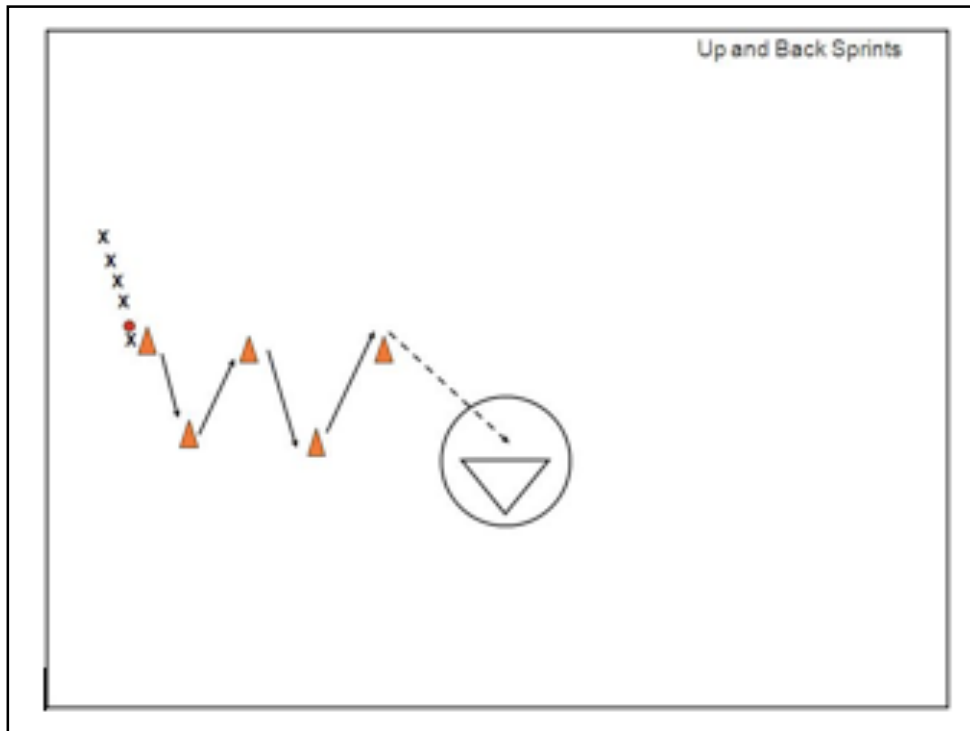
### VARIATIONS:

Add a ground ball to the start of the drill.

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**DRILL DIAGRAM:**







## WOMEN'S STAR DRILL

### DRILL SPECS:

**Drill Theme:** Ball Movement  
**Field Location:** Attack Zone  
**Time Needed:** 10 Min

**Drill Style:** Warm Up, Skills  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Basic

---

### OBJECTIVE:

A basic drill that allows for many touches for each player as they pass the ball and work skills through the drill.

---

### DRILL DESCRIPTION:

Set up 5 cones in a star shape. Equal number of players at each cone. Line 1 passes to line 2. Line 2 passes to line 3. Line 3 passes to line 4. Line 4 passes to line 5. Line 5 passes to line 1. Players should follow their pass.

---

### SKILLS PRACTICED:

- Ball Movement (Catching and Throwing)
- Catching and throwing on the run

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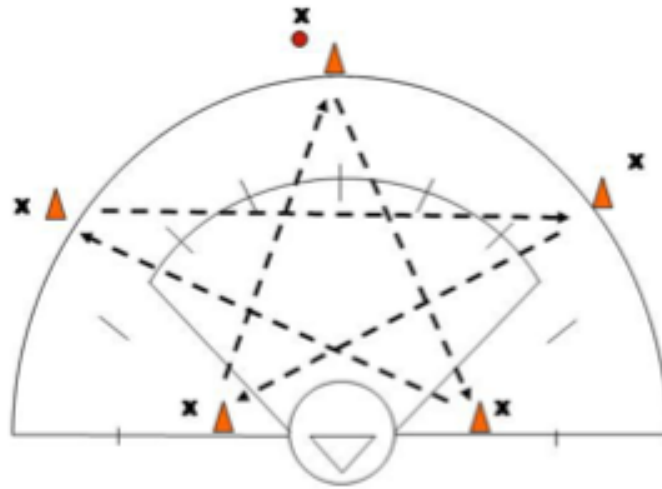
### VARIATIONS:

Catch and change hand to pass; Use ground balls instead of passing. Add 2 or 3 defenders in the center of the star to pressure passers.

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**DRILL DIAGRAM:**







Date: February 22, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup 10 Minutes
    - Two-line stretching
    - Pass and catch with partner
    - 300 drill
  - ◇ Pass/Catch to quick cradle – entire team 10 Minutes
    - Work ground balls as well by dropping right in front of the receiver
    - Cradling
  - ◇ Box drill – passing on the move 20 Minutes
  - ◇ 4 Person Clear Drill 10 Minutes
    - Two teams, 4 stacked down sideline to the clear line. Start with ball at goal
    - Pass to each other to the clear line. Team to clear first gets ball on offense.
  - ◇ Triple crash drill following clear relay
  - ◇ 1v2, 2v3, 3v4 full field drill
- 

Notes:

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Have 13U/12U try on Maverik S/M and XS to see which fits. Buy 12U an extra depending on size. If they both Medium, give 10U the Maverik XS and 13U the STX 200 medium.

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## WOMEN'S BOX PASSING DRILL

### DRILL SPECS:

**Drill Theme:** Ball Movement  
**Field Location:** Midfield  
**Time Needed:** 10 Min

**Drill Style:** Warm-Up, Skills  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Basic

---

### OBJECTIVE:

To work on ball movement and off ball cutting in a small area.

---

### DRILL DESCRIPTION:

Start by dividing the team into groups of 4. Have the groups make a 10x10 yard box with 4 cones. Each player stands at a cone passing the ball either around the square or across, no particular passing pattern. At every 4<sup>th</sup> pass a player must cut diagonally through to the opposite cone. The player with the ball can either hit the cutter, or hold the ball. As the player is cutting the rest of the players in the box must shift to cover the empty spaces and create space for the cutter. Players can get creative with the passing pattern and communicate out who will be the cutter, if they are going to pass the ball and when to shift.

---

### SKILLS PRACTICED:

- Ball Movement
  - Communication
  - Clearing space offensively
- 

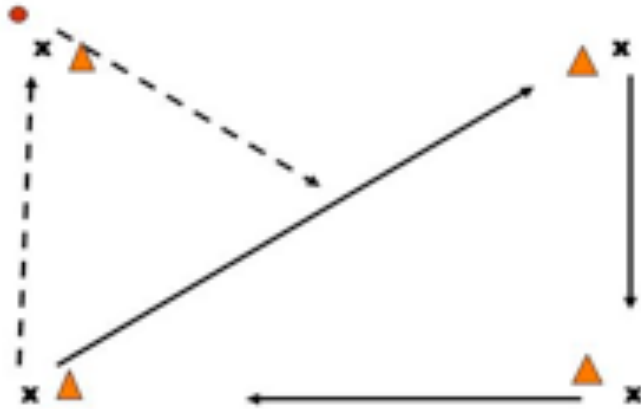
### VARIATIONS:

You can make the box bigger for more difficulty. Also players can use their weak hands for more practice.

---



**DRILL DIAGRAM:**







## WOMEN'S FORCING BOX DRILL

### DRILL SPECS:

**Drill Theme:** Defensive Drills  
**Field Location:** Midfield  
**Time Needed:** 10 Min

**Drill Style:** Skills  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Intermediate

---

### OBJECTIVE:

To work on playing body defense and redirecting an attacker to an area on the field where you want her to go.

---

### DRILL DESCRIPTION:

Set up 4 cones about 5 to 10 yards apart in a box. The front of the box represents the goal. Start the person on offense with the ball at one cone, and the defender on defense at a different cone. On the coaches whistle the defender tries to force the attacker out one side of the box or the back of the box. The attacker tries to cross the goal line. Make all players play attack and defense.

---

### SKILLS PRACTICED:

- Dodging
- Cradling
- Defense Positioning
- 1v1, 2v1, 1v2
- Forcing

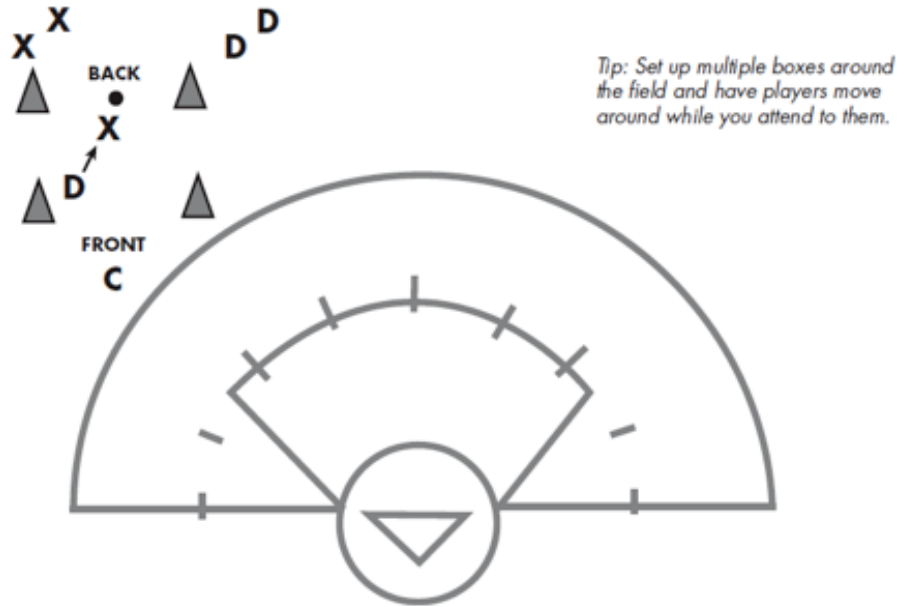
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### VARIATIONS:

1. Attacker has to get to one cone, defender must keep them from getting to that same cone.
2. Attacker has to get to one side.
3. Attacker has to get to two sides - larger area for defender to cover.
4. Defender starts on opposite side of which way the attacker wants to go.
5. Add 2nd defender to practice doubles.



**DRILL DIAGRAM:**









<u>Gear</u>	<u>Make</u>	<u>Model</u>	<u>Club</u>	<u>14U Boys</u>	<u>12U Boys</u>	<u>10U Boys</u>	<u>14U Girls</u>	<u>13U Girls</u>	<u>12U Girls</u>	<u>10U Girls</u>
Bag Number					40	24	53	Need	78	59
Cage - for game	Rage Cage	Pro - V4	1							
Cage for practice	Rage Cage	B100 - V4	4							
Game Clocks	Lax Clock (www.laxclock.com)	SN 0216-073	2							
10'x10' Easy Up		Red, Red, Blue	3							
Folding Table			3							
Folding Chairs			3							
Boys goalie chest protector	STX	Shield 200 w EKG - Medium		1	1					
Boys d-pole	STX	Stallion 200		1	2					
Girls goalie stick	STX	Shield 100		Need	Need		1	Need	1	
Girls goalie pants	STX	SM/MD						1	2	
Girls goalie pants	STX	MD/LG					1			
Girls goalie shin guards	STX Valor	Small							1	Need
Girls goalie shin guards	STX Valor	Large		1	1		1	Need		
Girls goalie chest protector	STX Sultra	Small							1	
Girls goalie chest protector	STX	Shield 400 w EKG - Large			Need		Need			
Girls goalie chest protector	STX	Shield 200 w EKG - Medium						1	Need	
Girls goalie chest protector	STX	Shield 100 (or 200) w EKG - Small			Need					1
Girls goalie gloves	STX	12"					1			
Girls goalie gloves	STX	10"						1	1	1
Girls goalie helmet	Cascade	CPVR XS White								1
Girls goalie helmet	Cascade	CPVR S/M Black					1			
Girls goalie helmet	Cascade	CPVR S/M White							1	
Girls goalie helmet	Cascade	CPVR S/M White						Need		
Girls goalie throat guard	Cascade	Black		1	Need 4		2	1	1	1
Girls goalie knee pads	Adidas (from Dicks for Volleyball)	Black					??	??	??	??





Date: February 22, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

---

Drills:

- ◇ Dynamic Warmup
  - Pass and catch with partner
  - 300 drill
- ◇ Pass/Catch to quick cradle – entire team
  - Work ground balls as well by dropping right in front of the receiver
  - Cradling
- ◇ Two Groups
  - Box drill – passing on the move
  - Women's recovery double team
- ◇ Triple crash drill following clear relay
- ◇ 4 Person Clear Drill
  - Two teams, 4 stacked down sideline to the clear line. Start with ball at goal
  - Pass to each other to the clear line. Team to clear first gets ball on offense.

---

Notes:

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Have 13U/12U try on Maverik S/M and XS to see which fits. Buy 12U an extra depending on size. If they both Medium, give 10U the Maverik XS and 13U the STX 200 medium.

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## WOMEN'S 300'S DRILL

### AUTHOR INFORMATION:

**Author Name:** Leslie Frank

**Author School:**

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### DRILL SPECS:

**Drill Theme:** Conditioning

**Field Location:** Half Field

**Time Needed:** 10 Min

**Drill Style:** Conditioning

**Field Position:** Offense, Defense, Midfield

**Skill Level:** Intermediate

---

### OBJECTIVE:

To work on speed, agility, endurance and change of direction.

---

### DRILL DESCRIPTION:

Start by marking off a 25yard distance on the field with cones or lines. Break the team into groups of 3. Two players will stand at either end of the 25 yards with a ball. The player without the ball will begin the timed 300 on the whistle. The player will cut back and forth touching each end line 12 times. While sprinting back and forth receiving a pass and return the pass to and from each teammate.

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### SKILLS PRACTICED:

- Conditioning
- Change of Direction
- Catching and Throwing
- Pivots

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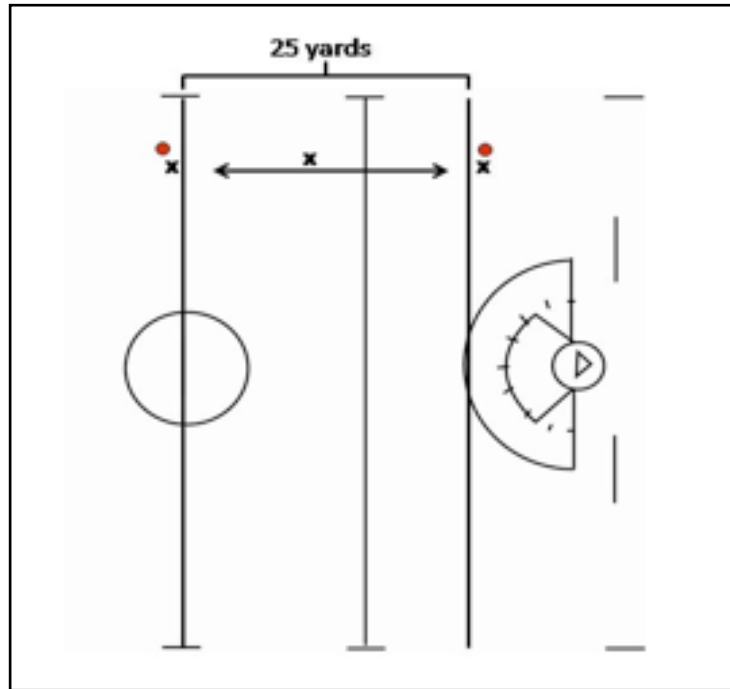
### VARIATIONS:

You can repeat the drill but with the non-dominant hand. Also you could switch to one ball and have the player receive an over the shoulder pass after touching the end lines.

---



**DRILL DIAGRAM:**







## WOMEN'S BOX PASSING DRILL

### DRILL SPECS:

**Drill Theme:** Ball Movement

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Warm-Up, Skills

**Field Position:** Offense, Defense, Midfield

**Skill Level:** Basic

---

### OBJECTIVE:

To work on ball movement and off ball cutting in a small area.

---

### DRILL DESCRIPTION:

Start by dividing the team into groups of 4. Have the groups make a 10x10 yard box with 4 cones. Each player stands at a cone passing the ball either around the square or across, no particular passing pattern. At every 4<sup>th</sup> pass a player must cut diagonally through to the opposite cone. The player with the ball can either hit the cutter, or hold the ball. As the player is cutting the rest of the players in the box must shift to cover the empty spaces and create space for the cutter. Players can get creative with the passing pattern and communicate out who will be the cutter, if they are going to pass the ball and when to shift.

---

### SKILLS PRACTICED:

- Ball Movement
  - Communication
  - Clearing space offensively
- 

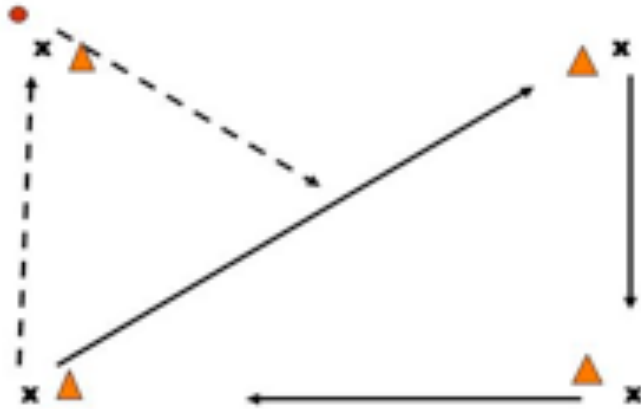
### VARIATIONS:

You can make the box bigger for more difficulty. Also players can use their weak hands for more practice.

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**DRILL DIAGRAM:**







# WOMEN'S RECOVERY/DOUBLE TEAM DRILL

## DRILL SPECS:

**Drill Theme:** Double Teaming

**Field Location:** Half Field

**Time Needed:** 15 Min

**Drill Style:** Game

**Field Position:** Offense, Defense

**Skill Level:** Intermediate

---

## OBJECTIVE:

To have defense work together and trying for a double team in a recovery situation.

---

## DRILL DESCRIPTION:

The ball starts above the restraining line on either side of the field in an attackers stick. There are 2 lines of defense below the restraining line on both sides of the field. The defensive line that is on the same side of the field as the attacking line will pick up the player with the ball immediately. The defender on the other side of the field will sprint to the ball and form a double team. Defense needs to communicate.

---

## SKILLS PRACTICED:

- Communication – where to force the attacker with the ball
- Recovering on defense
- Sliding to a double and not cutting off other defender

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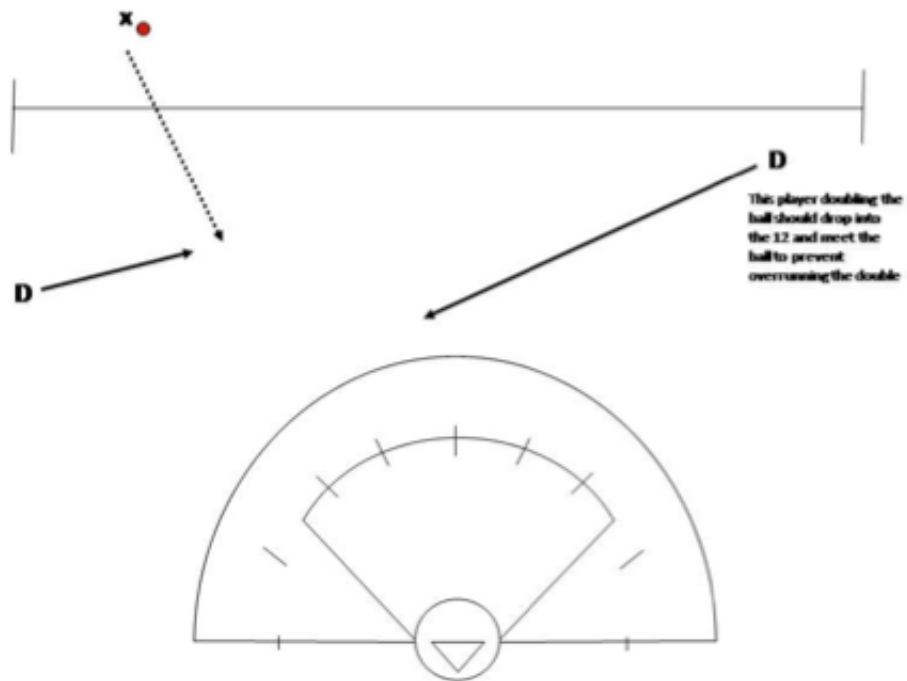
## VARIATIONS:

Add a trailing defender on the attacker with the ball. Add an attacker on the opposite side of the field where the double team is coming from. This will turn into a 2 v 3.

---



**DRILL DIAGRAM:**







Date: February 24, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

---

Drills:

- ◇ Dynamic Warmup
    - Two Line Passing
    - Three groups, line drills as warmup
  - ◇ Group Stations (rotate)
    - Star Drill
    - Women's Grid Locked Drill
  - ◇ Two minutes to success
  - ◇ 2v2 Earn Your Way Out
- 

Notes:

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## Star Drill

Author Name

Author School

Drill Specs

Drill Theme: Ball Movement  
Field Position: Offense,  
Defense, Midfield

Drill Style: Warm-up, Skills  
Time Needed: 10 Min

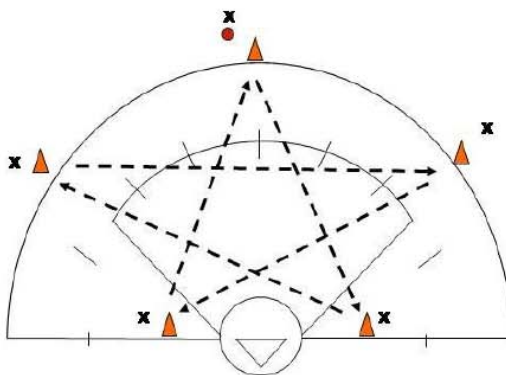
Field Location: Attack Zone  
Skill Level: Basic

Objective

A basic drill that allows for many touches for each player as they pass the ball and work skills through the drill.

Drill Description

Set up 5 cones in a star shape. Equal number of players at each cone. Line 1 passes to line 2. Line 2 passes to line 3. Line 3 passes to line 4. Line 4 passes to line 5. Line 5 passes to line 1. Players should follow their pass.



*Continued on next page*







## Star Drill, Continued

---

**Skills Practiced**

- Ball Movement (Catching and Throwing)
- Catching and throwing on the run

---

**Variations**

Catch and change hand to pass; Use ground balls instead of passing. Add 2 or 3 defenders in the center of the star to pressure passers.

---







## WOMEN'S GRID LOCKED DRILL

### DRILL SPECS:

**Drill Theme:** Cradling and Dodging  
**Field Location:** Midfield  
**Time Needed:** 15 Min

**Drill Style:** Game, Skills  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Intermediate

---

### OBJECTIVE:

To develop the skills of dodging and passing a defender.

---

### DRILL DESCRIPTION:

Lay out three consecutive 15-by-15-yard grids, with a goal cage at the end of the last grid. Each team consists of three players. One team is on defense with one player positioned to defend in each grid without a stick. The attack team players each have a ball and line up behind the grid farthest from the goal. Each attacker tries to successfully dodge the opponent within the 15-yard space to move onto the next defender. If the attacker does not drop the ball and gets through the grid, she scores one point for her team, and she gets an additional point if she scores a goal after the last grid. A dropped ball ends the scoring opportunity in that particular grid, but she may move onto the next grid to challenge the defender. After all attackers had had three tries through the grid to score points, the teams switch roles.

---

### SKILLS PRACTICED:

- 1 v 1 defense and attack
- Dodging
- Strong and Weak Hand Play
- Cradling

---

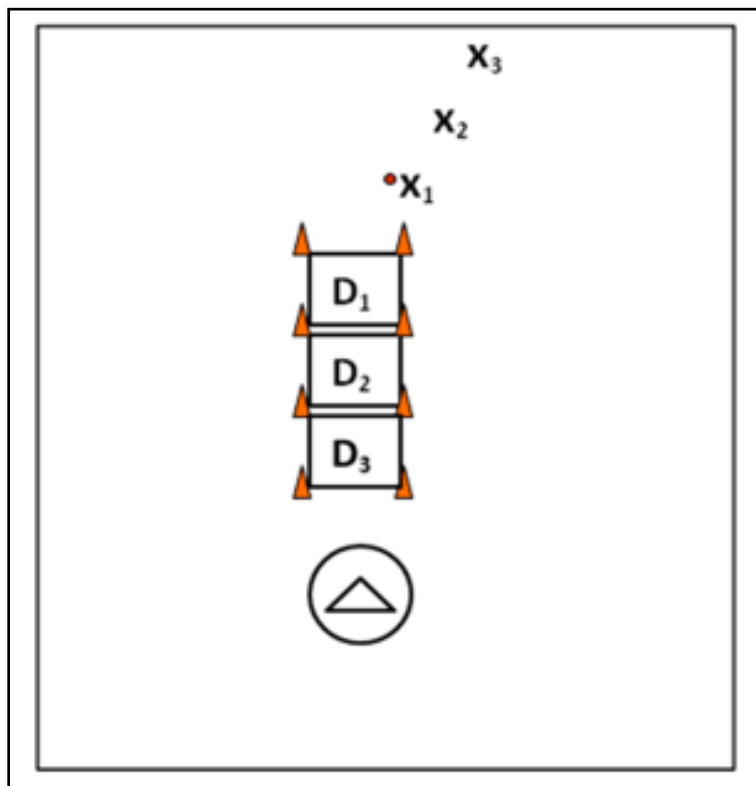
### VARIATIONS:

You can make the grid larger to make the game easier.  
You could put a time limit of five seconds on each player to get through the grid.  
The player must hit a target inside the goal for an extra point.  
Allow defenders to have sticks for defending.

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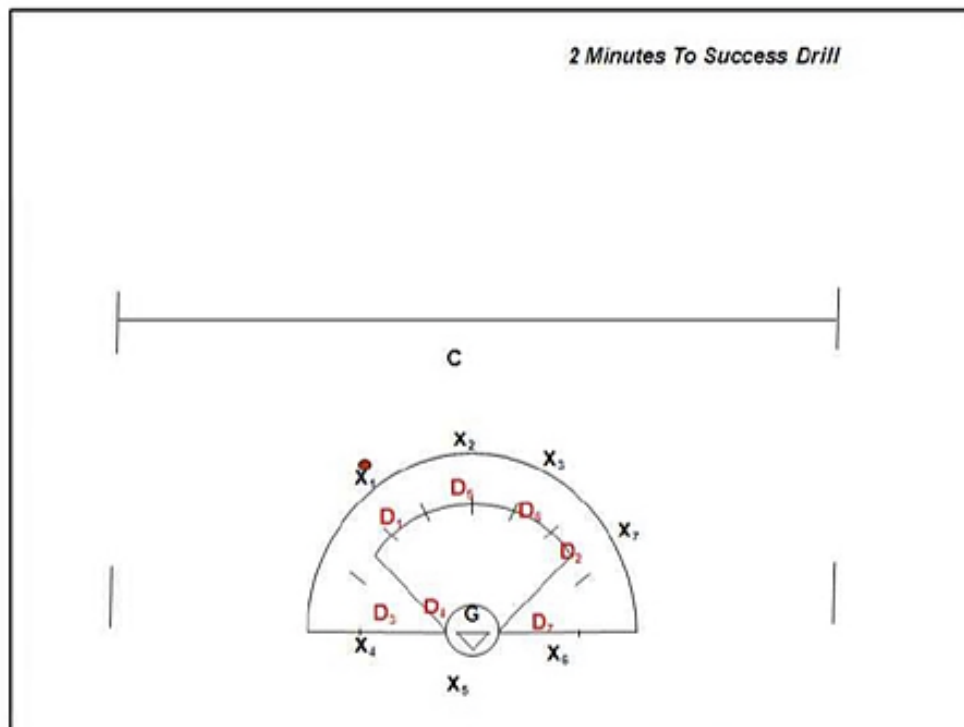
**DRILL DIAGRAM:**





## 2 Minutes To Success Drill

<b>Drill Specs</b>	<b>Drill Theme:</b> Even Strength <b>Field Position:</b> Offense, Defense	<b>Drill Style:</b> Games <b>Time Needed:</b> 15 Min	<b>Field Location:</b> Half Field <b>Skill Level:</b> Intermediate
<b>Objective</b>	Drill that has players work 7 on 7 in the half field with a time limit to hold the ball or cause a turn over.		
<b>Drill Description</b>	Have 7 players on offense go against 7 players on defense. The coach can start the ball from a ground ball or a pass into the players. Players on offense have 2 minutes to hold the ball and not turn it over to win the drill. The defense will work on chasing, checking, and double teaming the ball to cause a turnover within the 2 minutes. Offense cannot go past half field.		

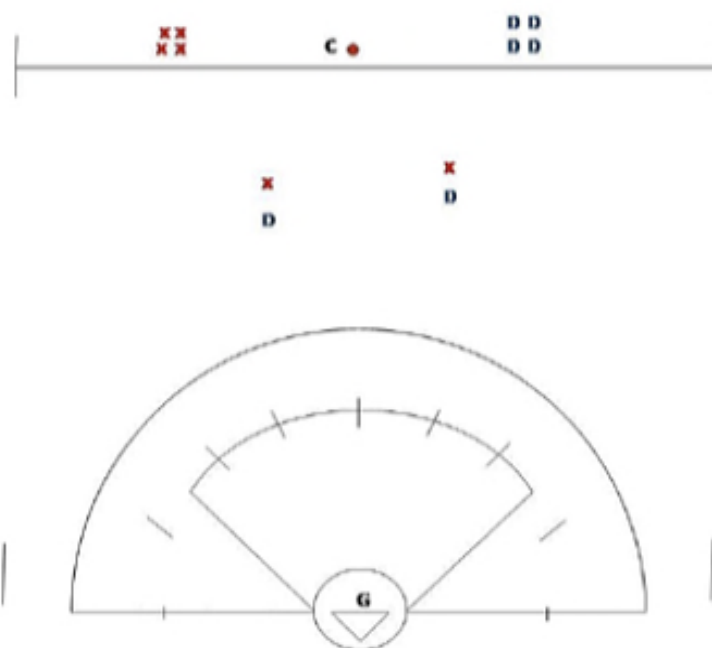


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## 2v2 Earn Your Way Out

<b>Author Name</b>	Mike Maher	<b>Author School</b>	Berkshire School
<b>Drill Specs</b>	<b>Drill Theme:</b> Even Strength <b>Field Position:</b> Offense, Defense, Midfield <b>Time Needed:</b> 10 Min	<b>Drill Style:</b> Game, Conditioning <b>Time Needed:</b> 10 Min	<b>Field Location:</b> Attack Zone <b>Skill Level:</b> Intermediate
<b>Objective</b>	To work on defensive strategies in causing turnovers and defending the 8-meter.		
<b>Drill Description</b>	Start by dividing players into 2 teams. X will be offense and D will be defense. Begin with a 2v2, offense going to goal. If a goal is scored, the coach throws a ball into the next attacking group on offense (X), and the same defenders stay in and face the new group of attack. To earn their way out, the defense must cause a turnover and come up with the ball. When they do, the next set of defenders come in. After a set time, change which team is on offense and which is on defense.		



*Continued on next page*





Date: March 1, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

---

Drills:

- ◇ Dynamic Warmup
  - Pass and catch with partner
  - 300 drill using ground balls
  - Work ground balls as well by dropping right in front of the receiver
  - Cradling
- ◇ Two Groups
  - Box drill – passing on the move
  - Cutting under pressure
- ◇ 2v3, 3v4
- ◇ 4 Person Clear Drill
  - Two teams, 4 stacked down sideline to the clear line. Start with ball at goal
  - Pass to each other to the clear line. Team to clear first gets ball on offense.

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Notes:

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## WOMEN'S 300'S DRILL

### AUTHOR INFORMATION:

**Author Name:** Leslie Frank

**Author School:**

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### DRILL SPECS:

**Drill Theme:** Conditioning

**Field Location:** Half Field

**Time Needed:** 10 Min

**Drill Style:** Conditioning

**Field Position:** Offense, Defense, Midfield

**Skill Level:** Intermediate

---

### OBJECTIVE:

To work on speed, agility, endurance and change of direction.

---

### DRILL DESCRIPTION:

Start by marking off a 25yard distance on the field with cones or lines. Break the team into groups of 3. Two players will stand at either end of the 25 yards with a ball. The player without the ball will begin the timed 300 on the whistle. The player will cut back and forth touching each end line 12 times. While sprinting back and forth receiving a pass and return the pass to and from each teammate.

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### SKILLS PRACTICED:

- Conditioning
- Change of Direction
- Catching and Throwing
- Pivots

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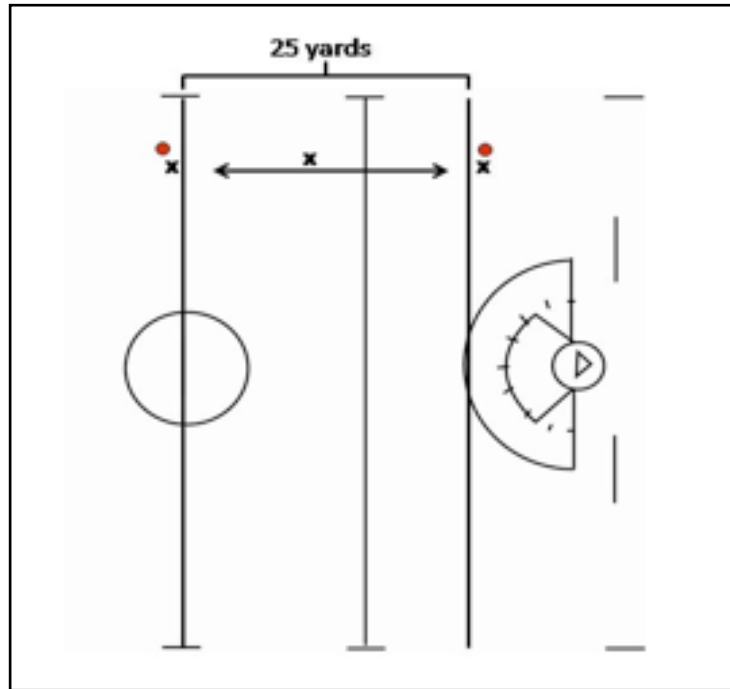
### VARIATIONS:

You can repeat the drill but with the non-dominant hand. Also you could switch to one ball and have the player receive an over the shoulder pass after touching the end lines.

---



**DRILL DIAGRAM:**







## WOMEN'S BOX PASSING DRILL

### DRILL SPECS:

**Drill Theme:** Ball Movement  
**Field Location:** Midfield  
**Time Needed:** 10 Min

**Drill Style:** Warm-Up, Skills  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Basic

---

### OBJECTIVE:

To work on ball movement and off ball cutting in a small area.

---

### DRILL DESCRIPTION:

Start by dividing the team into groups of 4. Have the groups make a 10x10 yard box with 4 cones. Each player stands at a cone passing the ball either around the square or across, no particular passing pattern. At every 4<sup>th</sup> pass a player must cut diagonally through to the opposite cone. The player with the ball can either hit the cutter, or hold the ball. As the player is cutting the rest of the players in the box must shift to cover the empty spaces and create space for the cutter. Players can get creative with the passing pattern and communicate out who will be the cutter, if they are going to pass the ball and when to shift.

---

### SKILLS PRACTICED:

- Ball Movement
  - Communication
  - Clearing space offensively
- 

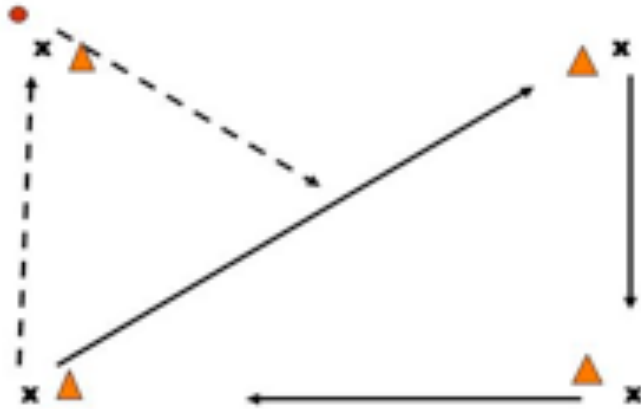
### VARIATIONS:

You can make the box bigger for more difficulty. Also players can use their weak hands for more practice.

---



**DRILL DIAGRAM:**







## WOMEN'S CUTTING UNDER PRESSURE DRILL

### DRILL SPECS:

**Drill Theme:** Cutting, Feeds, Picks

**Field Location:** Attack Zone

**Time Needed:** 15 Min

**Drill Style:** Skills, Games

**Field Position:** Offense

**Skill Level:** Basic

---

### OBJECTIVE:

This drill is excellent for teaching players to time cuts, get open, and pivot away from pressure.

---

### DRILL DESCRIPTION:

Have a feeder about 20 yards away from an offensive player, who is covered by a defensive player. The offensive player will make a cut to receive the ball from the passer, while under pressure from the defensive player. After the catch is made, the offensive player pivots away from the ball and passes to a receiver that is away from the ball, who may catch and go to goal for a shot.

Be sure to use various cuts from V Cut, I Cut, Back doors, Change of speed, etc.

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### SKILLS PRACTICED:

- Cutting
- Off Ball Offense
- Feeding
- Pivoting

---

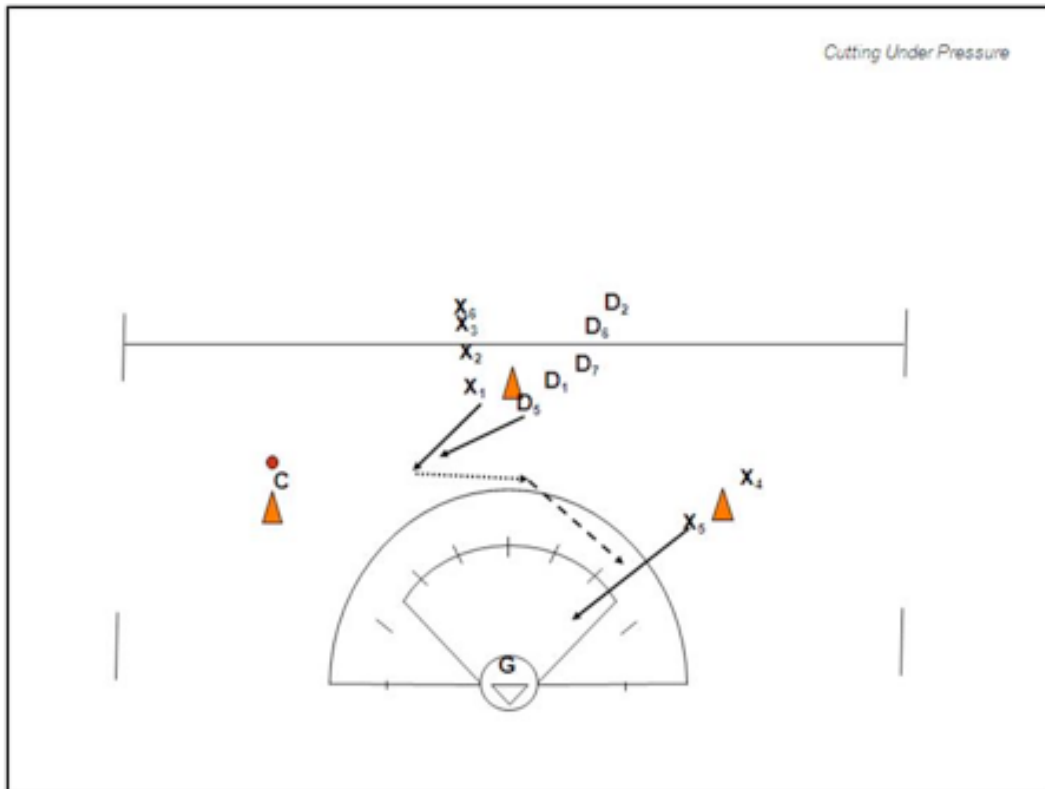
### VARIATIONS:

Change the location on the field for all 3 players involved, feeder, cutter, and receiver. This can change how and when you cut.

---



**DRILL DIAGRAM:**







Date: March 3, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

---

Drills:

- ◇ Dynamic Warmup
    - Pass and catch with partner
    - Cradling
  - ◇ Clear Work
    - Clearing outside leading pass
      - Variation = Pass back / swing
    - Pressure clearing
      - Three middy's drop
      - X is live to help
  - ◇ Star Drill
  - ◇ Crash Drill
  - ◇ 2v3, 3v4
- 

Notes:

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## WOMEN'S CLEARING-OUTSIDE LEADING PASS DRILL

### DRILL SPECS:

**Drill Theme:** Clears  
**Field Location:** Half Field  
**Time Needed:** 15 Min

**Drill Style:** Game, Skills  
**Field Position:** Defense, Goalie  
**Skill Level:** Basic

---

### OBJECTIVE:

This basic clear drill will have your players understanding how to breakout into space and receive an over the shoulder pass.

---

### DRILL DESCRIPTION:

There should be 2 goalkeepers in the cage, side by side. Set up 2 lines, one on each side of the cage. The coach stands in front of the cage and takes a light shot. The goalkeeper gets control of the ball and yells clear. The first girl in each line cuts straight up and then out on a 45 degree angle, looking for a leading or over the shoulder pass. The goalkeeper is looking for a short or long clear over the outside shoulder of the cutter. Work each keeper at the same time and then switch sides so they practice clearing to both sides.

---

### SKILLS PRACTICED:

- Clearing
  - Catching over the shoulder/leading pass
  - Cutting to space
- 

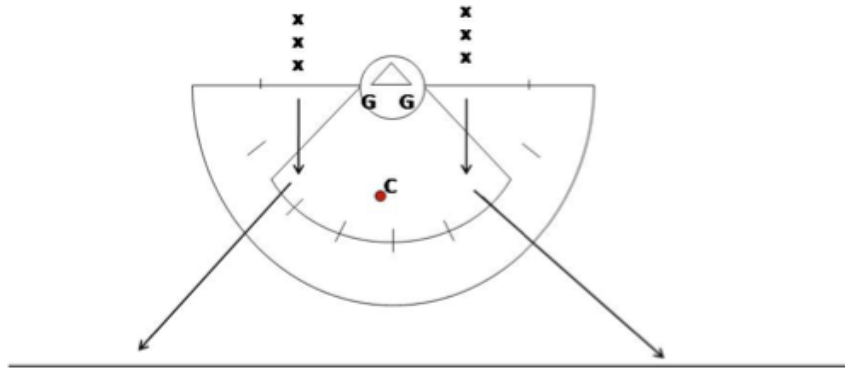
### VARIATIONS:

Add a ride into the mix. Have the ride try to intercept long passes.

---



**DRILL DIAGRAM:**







## WOMEN'S PRESSURE CLEARING DRILL

### DRILL SPECS:

**Drill Theme:** Clearing

**Field Location:** Attack Zone

**Time Needed:** 15 Min

**Drill Style:** Game

**Field Position:** Defense

**Skill Level:** Intermediate

---

### OBJECTIVE:

Simulate game like clearing situations. This drill forces goalies to handle the ball and make an accurate clear with attackers on them.

---

### DRILL DESCRIPTION:

There are 4 players and 1 goalie in this drill. 2 defenders (D1 and D2) line up on either side of the 8m at goal line extended. There are 2 attackers (X1 and X2) directly in front of the goal facing the goal cage. The coach stands behind the attackers at about middle of the 8m with balls.

The drill begins with a shot by the coach, intentionally missing the goal wide to either side. The ball is now live and the goalie and attackers react to where the ball is thrown and battle for a 1v2 ground ball. If the goalie is successful, she looks to clear to either defender who are breaking out for her. If either one of the attackers picks up the ball, they immediately look to go to goal and the goalie must return to the cage to try and save the shot.

On the goalie ground ball, the defenders must cut up field while remaining in a good passing angle for the goalie. The goalie looks to clear to either side. On the clear, the opposite side clearing defender breaks to the middle of the field to receive a pass from the defender who caught the clear.

---

### SKILLS PRACTICED:

- Goaltending- clearing under pressure and stick work
- Defensively-successfully clearing the ball and helping the goalie
- Defensive cuts and good passing angles
- Riding attackers communication and holding strong double teams

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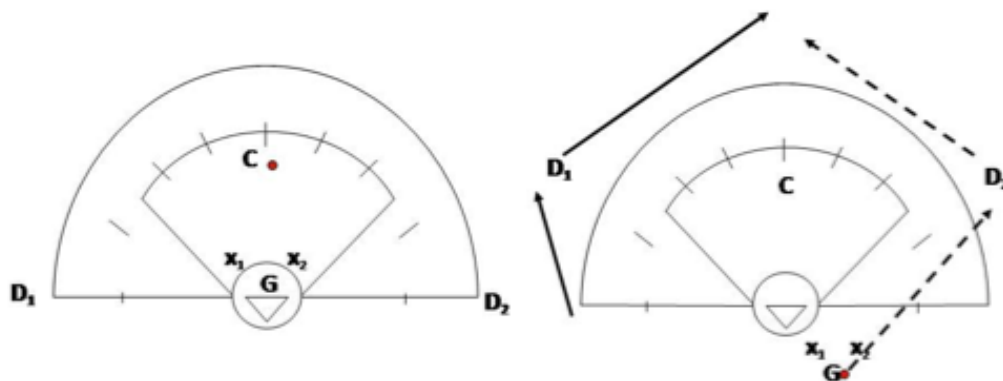
### VARIATIONS:

Add players, attackers and defenders, above the restraining line and have play out the drill to midfield. Defenders have to work to get open to receive outlet passes from their low defenders.

---



**DRILL DIAGRAM:**







## Star Drill

Author Name

Author School

Drill Specs

Drill Theme: Ball Movement  
Field Position: Offense,  
Defense, Midfield

Drill Style: Warm-up, Skills  
Time Needed: 10 Min

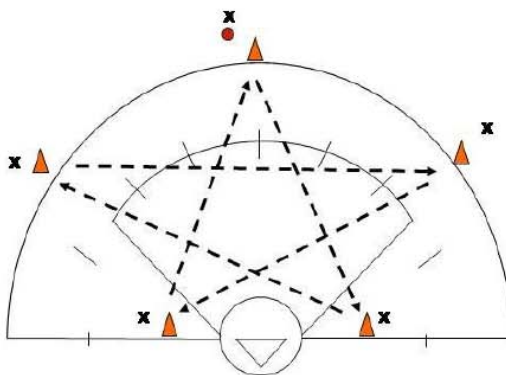
Field Location: Attack Zone  
Skill Level: Basic

Objective

A basic drill that allows for many touches for each player as they pass the ball and work skills through the drill.

Drill Description

Set up 5 cones in a star shape. Equal number of players at each cone. Line 1 passes to line 2. Line 2 passes to line 3. Line 3 passes to line 4. Line 4 passes to line 5. Line 5 passes to line 1. Players should follow their pass.



*Continued on next page*







## Star Drill, Continued

---

**Skills Practiced**

- Ball Movement (Catching and Throwing)
- Catching and throwing on the run

---

**Variations**

Catch and change hand to pass; Use ground balls instead of passing. Add 2 or 3 defenders in the center of the star to pressure passers.

---







## WOMEN'S CRASH DRILL

### DRILL SPECS:

**Drill Theme:** Slides and Crashing  
**Field Location:** Half Field  
**Time Needed:** 15 Min

**Drill Style:** Game  
**Field Position:** Defense  
**Skill Level:** Intermediate

---

### OBJECTIVE:

To build solid defensive concepts so players can work as a unit.

---

### DRILL DESCRIPTION:

Set up 4 cones, two low on the goal line extended just off the crease and two on the hash marks adjacent to the center mark at the top of the 8 meter arc. The coach sets up with balls about 15 meters out. There is a defender at each cone with their sticks up and one attacker in the middle. The coach throws the ball into the attacker releasing the defense to crash in the middle. The attacker is trying to get a good shot off before being swarmed by the crashing defenders. In a controlled manner, defenders look to get a piece of the attacker's stick on the shot, force a bad angle for a shot, or prevent the shot. The drill continues for a few minutes and then players can switch positions.

---

### SKILLS PRACTICED:

- Defensive Crashing
- Moving quickly to get into defensive position
- Getting a controlled check on the shooter's stick
- Communication between defenders

---

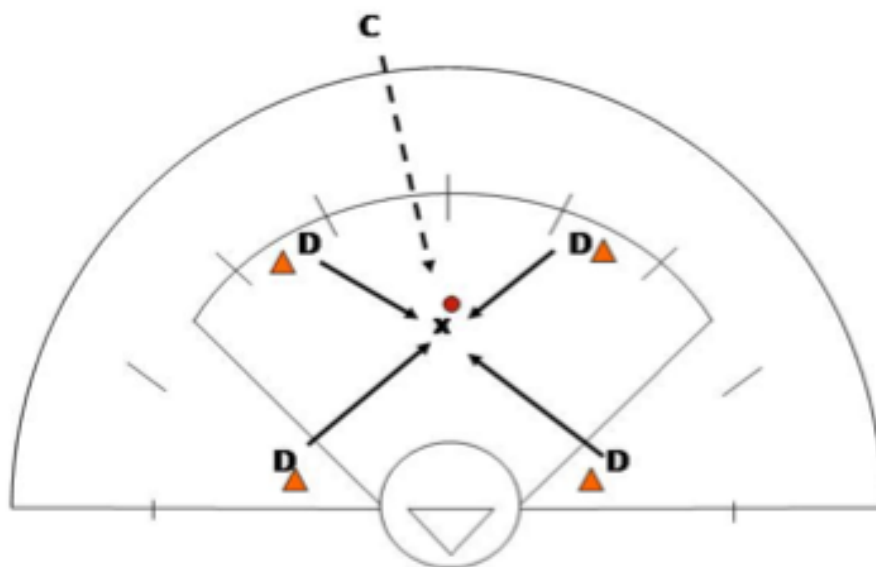
### VARIATIONS:

Keep the drill live: Defenders look to chase the shot, gain possession and start the fast break. Add to the drill by posting 2 attackers low on the crease and 2 wide on the wings. The 4 attackers then become live once the ball is fed to the inside player. The drill becomes a 5 v 4 situation when played out.

---



**DRILL DIAGRAM:**







Date: March 8, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

---

Drills:

- ◇ Dynamic Warmup
  - Pass and catch with partner
  - Cradling.
  - Ground balls
- ◇ Ava Drill
- ◇ Two stages
  - 300
  - Star Drill
- ◇ 2v2 Canadian
- ◇ 4 corner shooting or give and go shooting drill
- ◇ Everyone Touches the Ball Drill
  - Patience
  - Crash
  - Move feet

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Notes:

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## Star Drill

Author Name

Author School

Drill Specs

Drill Theme: Ball Movement  
Field Position: Offense,  
Defense, Midfield

Drill Style: Warm-up, Skills  
Time Needed: 10 Min

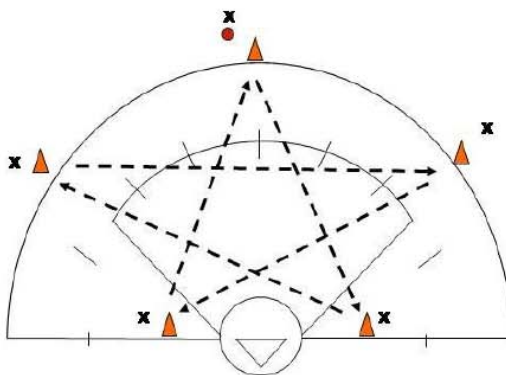
Field Location: Attack Zone  
Skill Level: Basic

Objective

A basic drill that allows for many touches for each player as they pass the ball and work skills through the drill.

Drill Description

Set up 5 cones in a star shape. Equal number of players at each cone. Line 1 passes to line 2. Line 2 passes to line 3. Line 3 passes to line 4. Line 4 passes to line 5. Line 5 passes to line 1. Players should follow their pass.



*Continued on next page*







## WOMEN'S CANADIAN 2V2 GROUNDBALLS DRILL

### DRILL SPECS:

**Drill Theme:** Ground Balls  
**Field Location:** Attack Zone  
**Time Needed:** 15 Min

**Drill Style:** Game  
**Field Position:** Offense, Defense  
**Skill Level:** Intermediate

---

### OBJECTIVE:

To focus players on ground balls in game like situations. The drill forces players to communicate, gain possession under pressure, and then go to goal.

---

### DRILL DESCRIPTION:

The coach will be at the top of the attack zone with a bucket of balls.  
(2) Lines of players in white will be behind the cage with (2) lines of dark players.  
The coach will roll out a ball and the first players in each line will go after the ground ball.  
Players use communications to indicate possession of the ball and then the team with the ball is on offense and the team without goes on defense. The drill ends with a shot, save, or clear.

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### SKILLS PRACTICED:

- Ground Balls
  - Communication
  - Ball Movement
  - Conditioning
- 

### VARIATIONS:

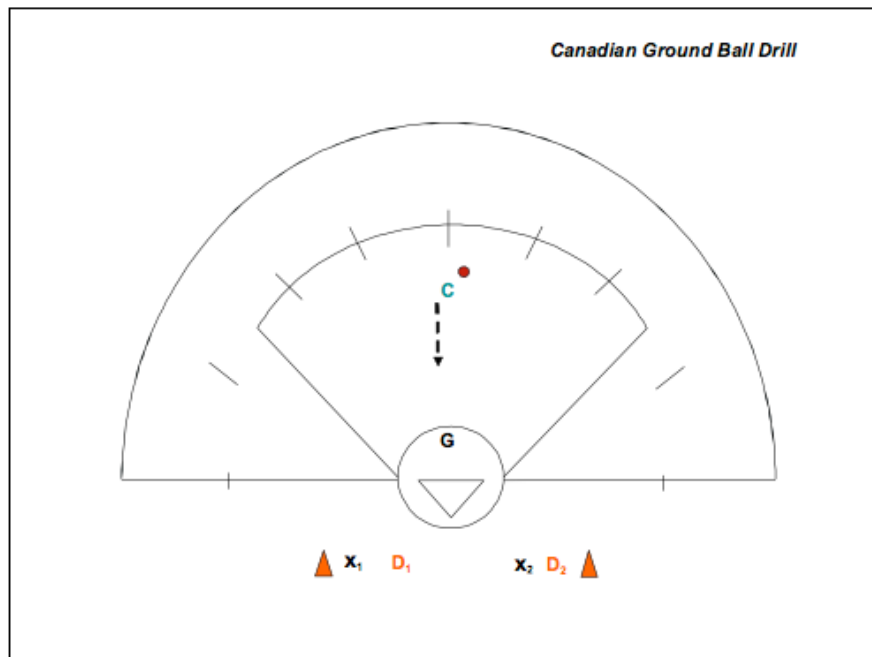
Have the goalie clear all saves or goals back to the defensive team and work on re-breaking up the field after a player shoots.

Also, have the coach add players by yelling "plus 1" at random times to increase the 2 v 2, into a 3 v 3.

---



**DRILL DIAGRAM:**







## WOMEN'S GIVE AND GO DRILL

### DRILL SPECS:

**Drill Theme:** Shooting  
**Field Location:** Attack Zone  
**Time Needed:** 10 Min

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

---

### OBJECTIVE:

This drill is excellent for teaching players to give and go.

---

### DRILL DESCRIPTION:

Have your players get in two lines at the top of the 12 meter arc. One line will have lacrosse balls, and the other will not.

Have a soft defensive player or coach stand in front of the players with the ball.

That player will feed the ball to the second line and then sprint towards the goal. The second line player will catch, switch hands and throw a lead pass to the breaking player.

A catch and a shot should occur and the players should return to the back of the lines.

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### SKILLS PRACTICED:

- Feeding
- Ball Movement
- Shooting

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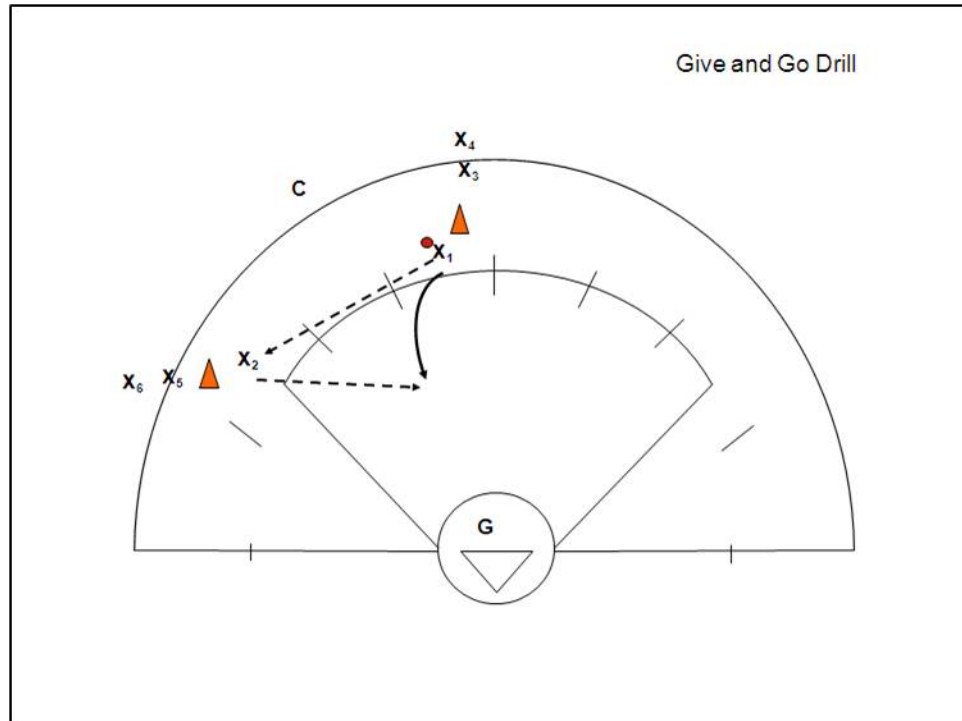
### VARIATIONS:

Vary the locations where the cones are set up. Also add defenders at the cones for added pressure.

---



**DRILL DIAGRAM:**







## WOMEN'S 4-CORNER SHOOTING DRILL

### DRILL SPECS:

**Drill Theme:** Shooting  
**Field Location:** Attack Zone  
**Time Needed:** 20 Min

**Drill Style:** Warm Up, Skills  
**Field Position:** Offense  
**Skill Level:** Basic

---

### OBJECTIVE:

This drill is excellent for teaching players to move to the pass when in the middle. It forces players to move into a solid shooting area, and get free to take a shot.

---

### DRILL DESCRIPTION:

All players have two balls except the player in the middle. The players take turns feeding the player in the middle, who looks to pop off the crease and catch for a shot on goal. The player on the outside will communicate with the player on the crease by yelling and then feeding them the ball. Each player will feed twice as you rotate the feeders around. The shooter in the middle will get 8 shots total after everyone feeds twice.

---

### SKILLS PRACTICED:

- Shooting
  - Off Ball Offense
  - Feeding
  - Strong and Weak Hand Play
- 

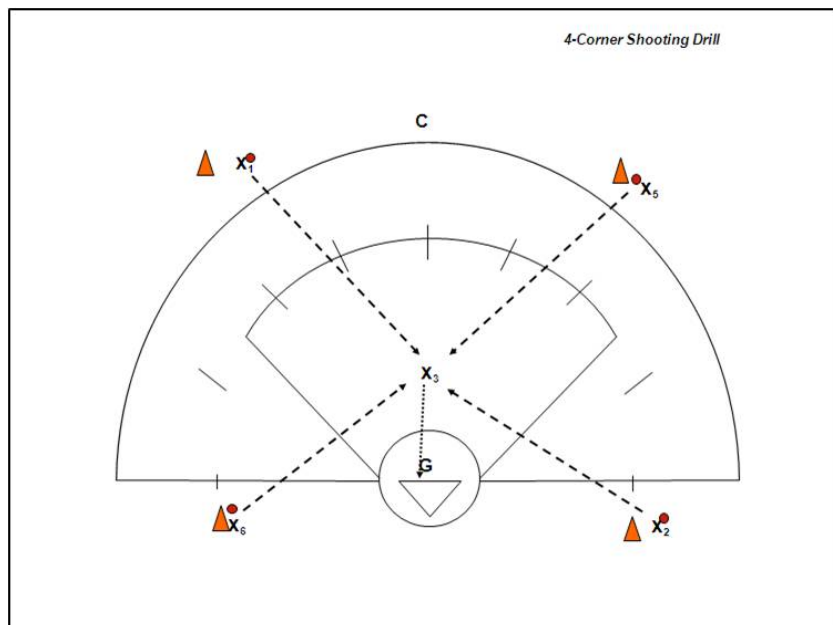
### VARIATIONS:

Vary the locations of shot placement. Have your players shoot all high, all low, all 5 hole. You may also use ground balls to force your players to scoop and finish, or maybe work some behind the back shots.

---



**DRILL DIAGRAM:**







# WOMEN'S EVERYONE TOUCHES THE BALL DRILL

## AUTHOR INFORMATION:

**Author Name:** Wendy Stone

**Author School:** Longwood University

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## DRILL SPECS:

**Drill Theme:** Even Strength

**Field Location:** Attack Zone

**Time Needed:** 15 Min

**Drill Style:** Game

**Field Position:** Offense, Defense, Midfield

**Skill Level:** Advanced

---

## OBJECTIVE:

To work on ball and offensive movement inside the attacking zone.

---

## DRILL DESCRIPTION:

Start by dividing the players into 2 teams. Play 5v5 within the 12-meter. If one team makes a goal, they get the ball back to restart the drill. If there is a turnover or goalie save the ball is cleared up to the 12-meter to the other team. Every possession, each player on their team must touch the ball before the team can attack the cage. On a turnover or a goal, each player once again must touch the ball before the team can attack.

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## SKILLS PRACTICED:

- Communication – where to force the attacker with the ball
- Off-Ball Movement
- Ball Movement
- Maintaining Possession

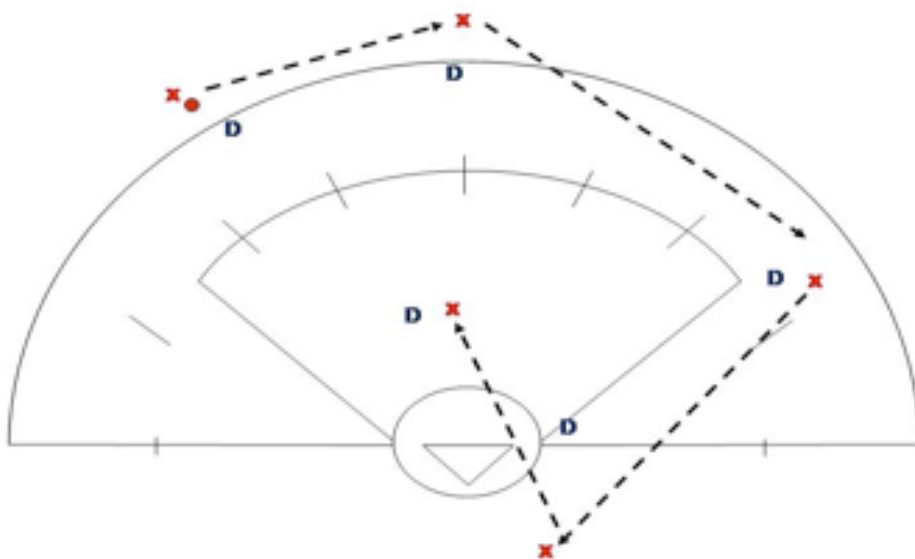
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## VARIATIONS:

Ball must change quadrants, must go from one side to the other and back before the team can attack.



**DRILL DIAGRAM:**







Date: March 15 and 17, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

---

Drills:

- ◇ Dynamic Warmup
  - Passing, ground balls, left hand 3 line warm up
  - Cradling
- ◇ 360-degree catching
- ◇ (Cradle and Defense) Cross the Pond (#s 1, 2, 3, 4)
- ◇ (2v2) 1, 2, 3, 4, 5, 6, 7 (with goalie)
- ◇ Apache Ava Drill
- ◇ Women's PCR
- ◇ Women's US Drill
- ◇ 2v2 Canadian
- ◇ 7v7
  - Clear
  - Re-defend
  - Ground ball to cradle

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Notes:

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# WOMEN'S 360-DEGREE CATCHING DRILL

## DRILL SPECS:

**Drill Theme:** Ball Movement

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Warm-Up, Skills

**Field Position:** Offense, Defense, Midfield

**Skill Level:** Basic

---

## OBJECTIVE:

To learn different points of release when passing and ways to catch the ball from all around the body.

---

## DRILL DESCRIPTION:

Place 6 players around the center circle evenly spread out. One player stands in the middle of the circle with the ball. She passes the ball to each player in the circle, without moving her feet. The players in the circle catch the ball and pass it back to the player in the middle, who catches the ball without moving her feet. Once the player in the middle has passed to each player, a player on the outside of the circle replaces the middle player. The drill continues until every player has had a turn in the middle.

---

## SKILLS PRACTICED:

- Ball Movement (Catching and Throwing)
  - Strong and Weak Hand Play
  - Feeding
- 

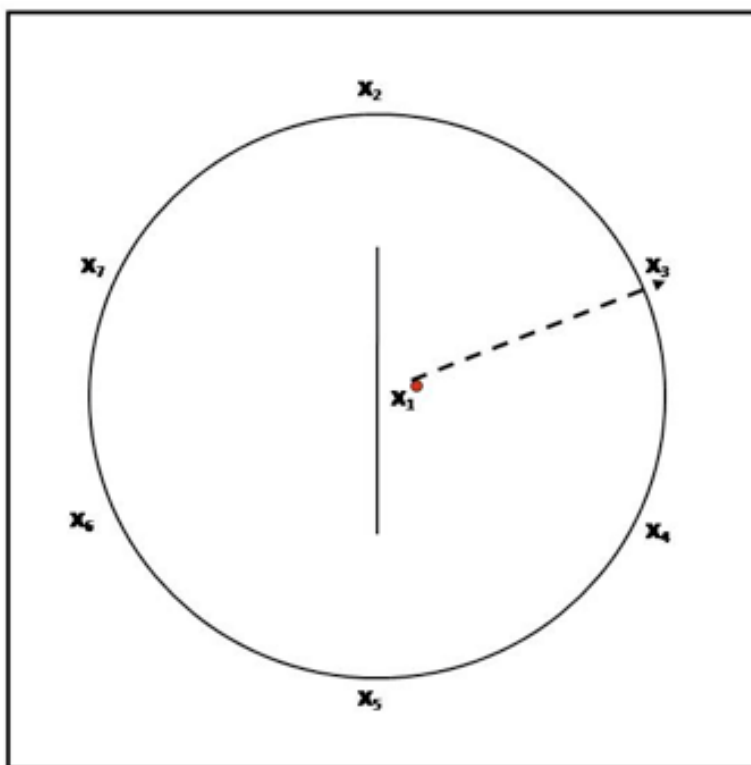
## VARIATIONS:

As the players improve, have them play the game with two balls. This challenges them to concentrate and use their peripheral vision.

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**DRILL DIAGRAM:**







## Cross the Pond

**Appropriate Age Group:** All

**Skill(s) Practiced:** Dodging, Cradling, Stick Protection

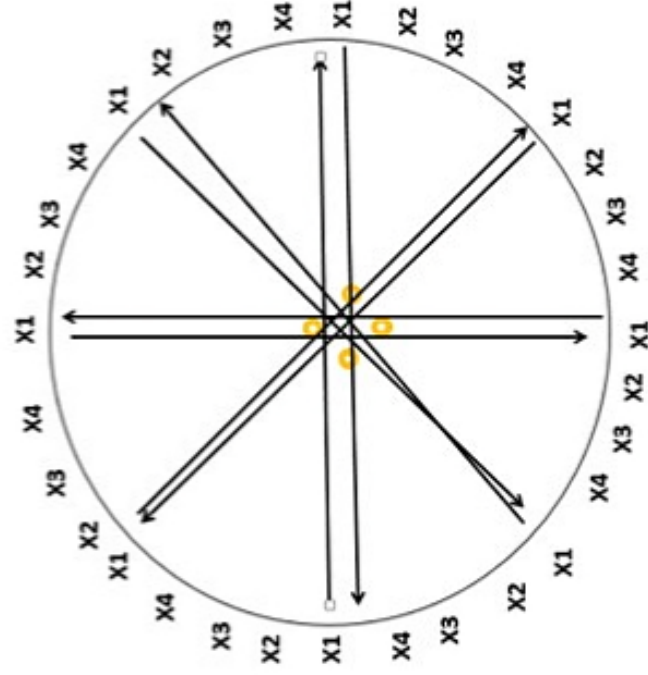
**Drill Duration:** 5 Minutes

**Resources:** Balls (1 per player), Cones

**Description:** Count off in 4's (each player will have a number 1, 2, 3 or 4). Line up around the outside of the center circle (pond). Set up a small (2x2) square or circle in the center of the center circle. When their number is called, players have to get to the opposite side of the pond as quickly as possible by going through the small circle in the middle of the pond.

**Progression(s):** Call multiple numbers, add a defender or 2 in the middle

**Drill Diagram(s):**





## Apache Ground Ball Drill

**Overview:** The “Apache Drill” focuses on ground ball players working off two defenders. In this common scenario, how exactly do we recover back in offensively and defensively? This drill is also terrific in teaching your players to play with confidence in unsettled situations.

**Drill Set-up:** Get six defensive guys running in a circle and then six offensive guys opposite of them. One coach will roll out a ground ball somewhere on the field and then proceed to call out a player’s name. That player will immediately battle for the loose ball.

Meanwhile, send two defenders to the ball against that offensive guy. Offensively, make sure you’re getting to your proper spots on the field. Also, the player with the ball should have his proper support to make a pass. Let the drill play out from here, either resulting in a shot, clear, or turnover.

**Drill Tips:** When you scoop up the ball offensively, look to attack off two passes. If the defense scoops it up, work on clearing the ball up field.



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## PCR (PASS-CUT-REPLACE)

### DRILL SPECS:

**Drill Theme:** Cutting, Motion Offense

**Field Location:** Goal Circle

**Time Needed:** 5-10 Min

**Drill Style:** Game

**Field Position:** All

**Skill Level:** Basic, Can be progressed

---

### OBJECTIVE:

This objective of this game is to help teach the basics of motion offense, incorporating cutting and finding open space in a constraints-based game.

---

### DRILL DESCRIPTION:

- 4 cones
- 3 players
- Pass adjacent (X1 to X2) and cut through the middle to the open cone
- Off ball player (X3) moves to support the ball while the ball is in the air
- Continue pattern in any direction
- Sticks always on the outside of the box
- Everyone moves on the pass!

---

### DRILL PROGRESSIONS:

1. Add a 4<sup>th</sup> player – all players adjust and move (like an off ball pick)
2. Add 2 or 3 defenders – defenders must cover ball and strong side or both adjacents

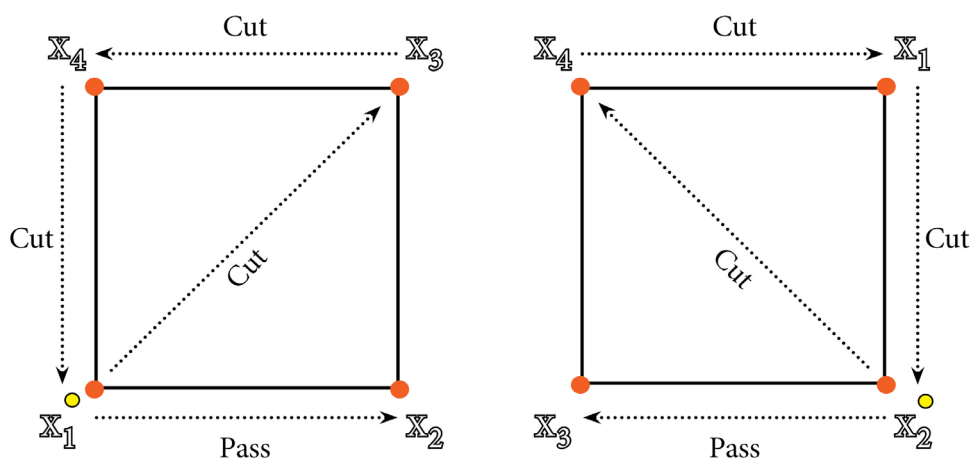
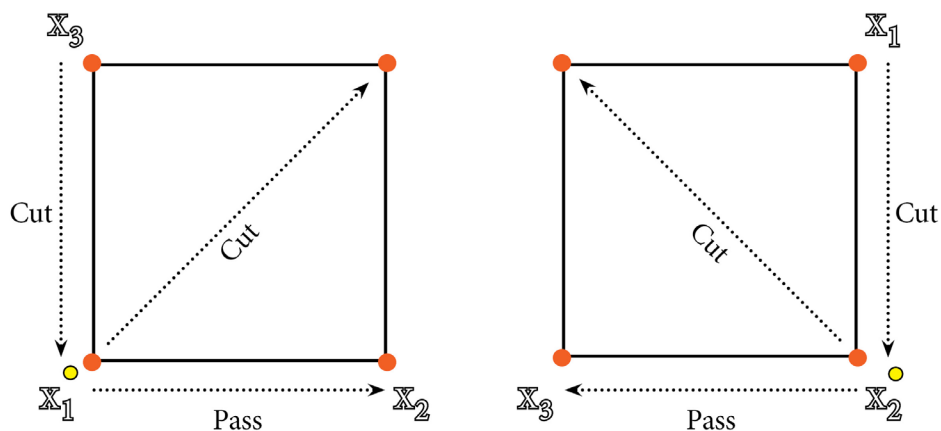
The game can be played with or without sticks. Try using a mini soccer ball or football to focus on movement and positioning without the worry of dropping passes.

Introduce space and time constraints to progress or regress the game and to control the pace of the learning. Keep score and/or play to a desired number to promote competition.

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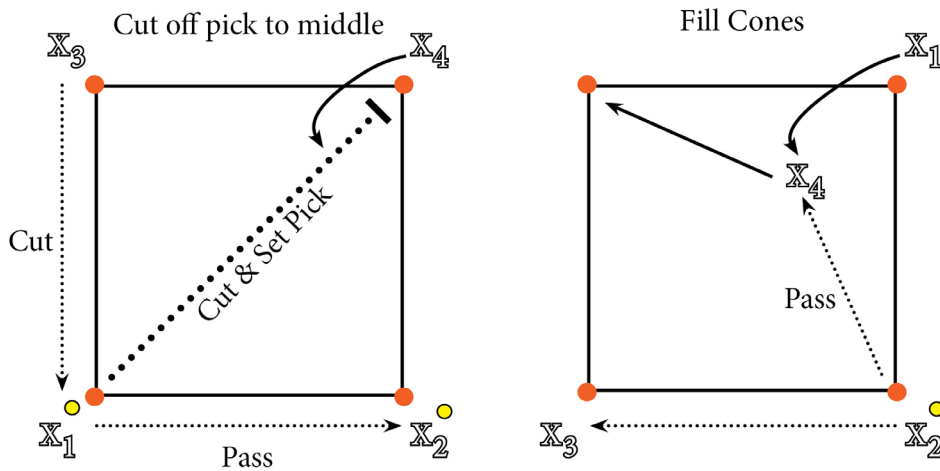


## DRILL DIAGRAM:

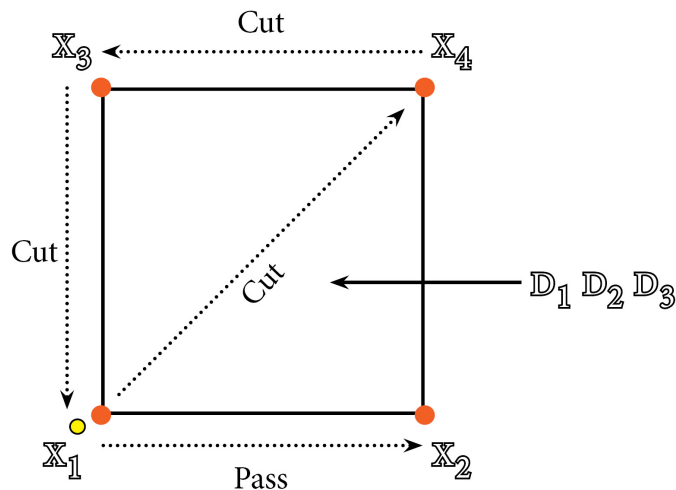


X1 passes to X2 and cuts through middle  
 X3 and X4 have to adjust  
 All cones have to be covered before the next pass is made  
 Can pass to cutter. Everyone adjusts





X1 passes to X2 and sets a pick for X4.  
X3 moves to support the ball  
X1 can pass to X4 coming off of pick or X3  
All cones must contain an offensive player before the next pass is made  
Continue pattern and adjust to cover all cones/support teammates



Attackers pass, cut, replace around the outside of the box  
After 4 completed passes, one defender enters the box  
After 4 more passes, another defender enters the box  
Keep adding defenders after 4 passes  
Attack can go to goal (cone in center) after 3 defenders have entered the box





## WOMEN'S US DRILL

### DRILL SPECS:

**Drill Theme:** Double Teaming  
**Field Location:** Attack Zone  
**Time Needed:** 15 Min

**Drill Style:** Game  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Intermediate

---

### OBJECTIVE:

Works on aggressive/smart double-teaming and defensive shifting and communication. Attack movement and quick passing.

---

### DRILL DESCRIPTION:

Start with splitting the 12-meters in half so that each set of 3v3 is only working on one side. You need 3 defenders and 3 attackers on each side. Start the drill on a whistle and with a definitive double team. Play the 3v3 live until the ball is in the cage or has been cleared to a specified area. Emphasize the use of communication and defensive slides to help. Also show the attack to change speeds and make cuts to ball, not just side-to-side.

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### SKILLS PRACTICED:

- Double Teaming
- Defensive Slides
- Clearing space offensively
- Ball Movement
- Denying cuts and passes defensively

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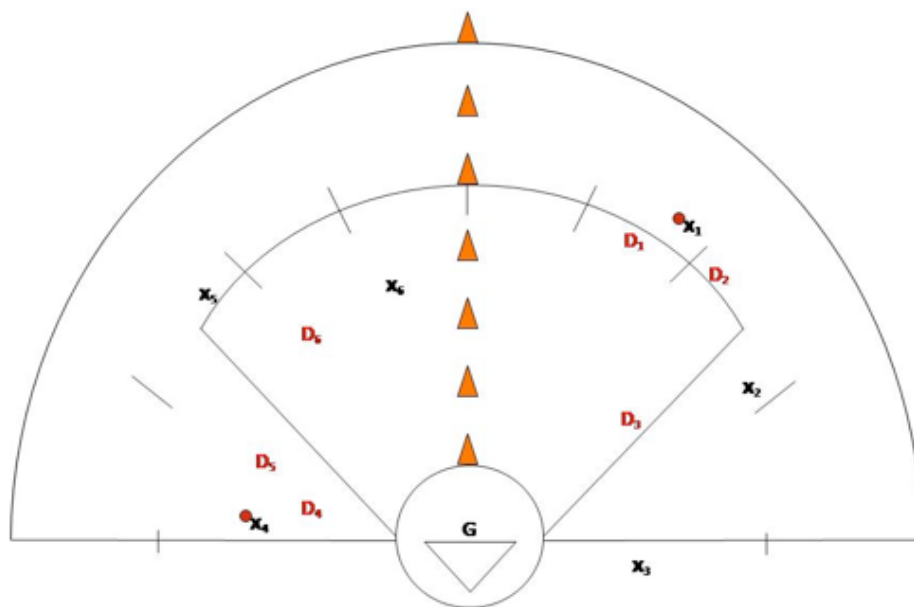
### VARIATIONS:

You can make one side at 3v3 and one side a 3v2. A defender from the 3v3 needs to slide over to the 3v2 to help. Explain there must be a lot of communication

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**DRILL DIAGRAM:**







## WOMEN'S CANADIAN 2V2 GROUNDBALLS DRILL

### DRILL SPECS:

**Drill Theme:** Ground Balls  
**Field Location:** Attack Zone  
**Time Needed:** 15 Min

**Drill Style:** Game  
**Field Position:** Offense, Defense  
**Skill Level:** Intermediate

---

### OBJECTIVE:

To focus players on ground balls in game like situations. The drill forces players to communicate, gain possession under pressure, and then go to goal.

---

### DRILL DESCRIPTION:

The coach will be at the top of the attack zone with a bucket of balls.  
(2) Lines of players in white will be behind the cage with (2) lines of dark players.  
The coach will roll out a ball and the first players in each line will go after the ground ball.  
Players use communications to indicate possession of the ball and then the team with the ball is on offense and the team without goes on defense. The drill ends with a shot, save, or clear.

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### SKILLS PRACTICED:

- Ground Balls
  - Communication
  - Ball Movement
  - Conditioning
- 

### VARIATIONS:

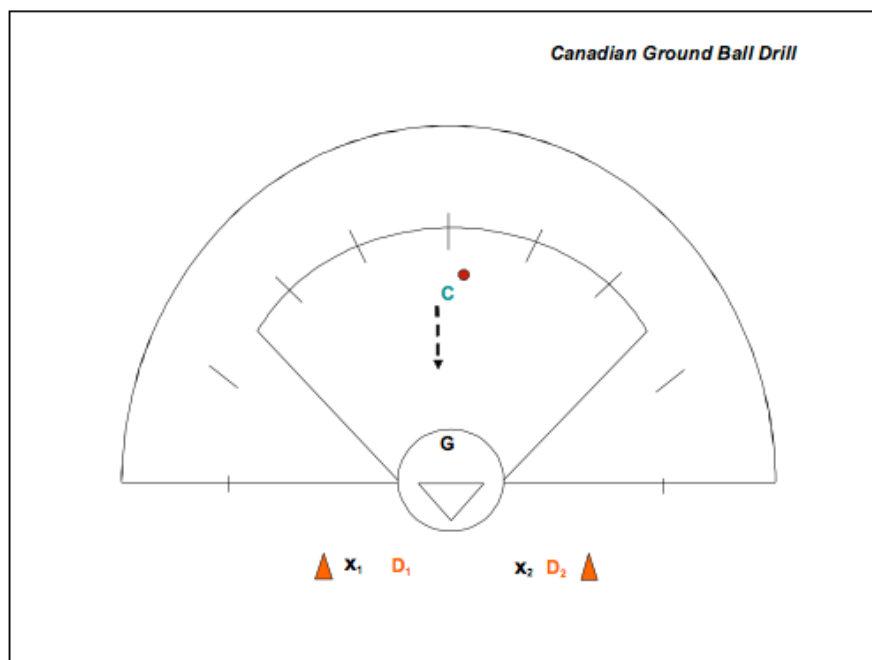
Have the goalie clear all saves or goals back to the defensive team and work on re-breaking up the field after a player shoots.

Also, have the coach add players by yelling "plus 1" at random times to increase the 2 v 2, into a 3 v 3.

---



**DRILL DIAGRAM:**







Date: March 22 and 24, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup
  - Passing, ground balls, left hand 3 line warm up
  - Cradling
- ◇ 300 drill or 2's
- ◇ Single replacement drill
- ◇ 3v3 Double Team
- ◇ Add in Drill
- ◇ Perimeter passing and dump
- ◇ Early slide
- ◇ 7v7
  - Re-defend
  - Ground ball to cradle

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Notes:

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## WOMEN'S 3V3 DEFENSIVE SLIDE DRILL

### DRILL SPECS:

**Drill Theme:** Double Teams, Slides  
**Field Location:** Attack Zone  
**Time Needed:** 10 Min

**Drill Style:** Game, Skill  
**Field Position:** Defense  
**Skill Level:** Intermediate

---

### OBJECTIVE:

To work on good communication in sending the double teaming and defending double team situations.

---

### DRILL DESCRIPTION:

This drill begins in a 3v3. 1 attacker starts behind the goal with a defender in front of the cage guarding her. All other players start above the goal line extended. X1 begins by challenging hard around the goal circle on either side, hopefully drawing a defender. If D1 plays tight and forces X1 up the outside of the 8m arc, that is when D2 and D3 begin to slide for a double team. D3 communicates to D2 that she can leave her player to help D1. It is important that D3 sends the double team and D2 doesn't just leave because there could be a miscommunication and a free girl or lane to goal. D3 ends up sliding to player closest to the ball, as she presents the biggest threat. D3 should also focus on "playing big" and keeping head on a "swivel" for possible interceptions, stick checks, and blocked shots.

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### SKILLS PRACTICED:

- Double team communication
- Defending the crease
- Sliding and working as a unit on defense

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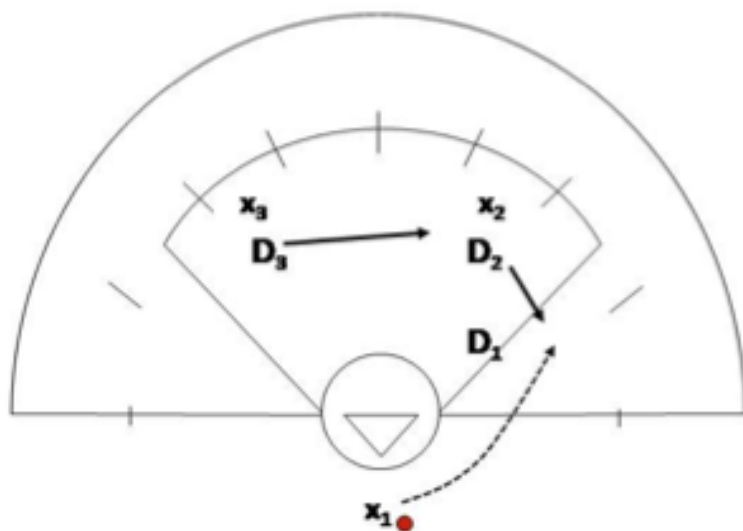
### VARIATIONS:

Start with a defender on the ball behind the cage. This will allow for 1 v 1 practice, but still turn into a doubling/sliding drill.

Also, mention to your goalie to keep her stick up for a possible interception if the ball is outside of the 8m.



**DRILL DIAGRAM:**







## WOMEN'S ADD IN DRILL

### DRILL SPECS:

**Drill Theme:** Even Strength  
**Field Location:** Attack Zone  
**Time Needed:** 15 Min

**Drill Style:** Games  
**Field Position:** Offense, Defense  
**Skill Level:** Intermediate

---

### OBJECTIVE:

A competitive and intense drill that focuses on the importance of communication and remaining focused.

---

### DRILL DESCRIPTION:

Split team in half and have each team spread out on either side of the head coach across the restraining line. An assistant coach is responsible for each team and rotating players into the drill. The head coach has a bunch of balls at the middle of the restraining line. The first team to 12 points wins. Players get a point for a goal and point for a successful clear over the restraining line. As each point is played out, players go to the end of the line and new players are put into the drill.

To start the drill, set up a 2v2 inside the 8m with the players facing the goal. The head coach will release a ball either on the ground or in the air and blow the whistle. On the whistle, the players in the 2v2 turn and fight for the ball. Whoever gains possession is on offense. As soon as the clear possession of the ball is gained, the assistant coaches can start adding players into the drill...however many they want. The number of players added to each team will be different most of the time which makes for player-up/player-down situational practice.

---

### SKILLS PRACTICED:

- Fighting for ground balls and running through them
- Communication and adjusting quickly to player up or player down situations
- Moving the ball quickly on offense and getting a shot off
- Slowing down the ball carrier on defense

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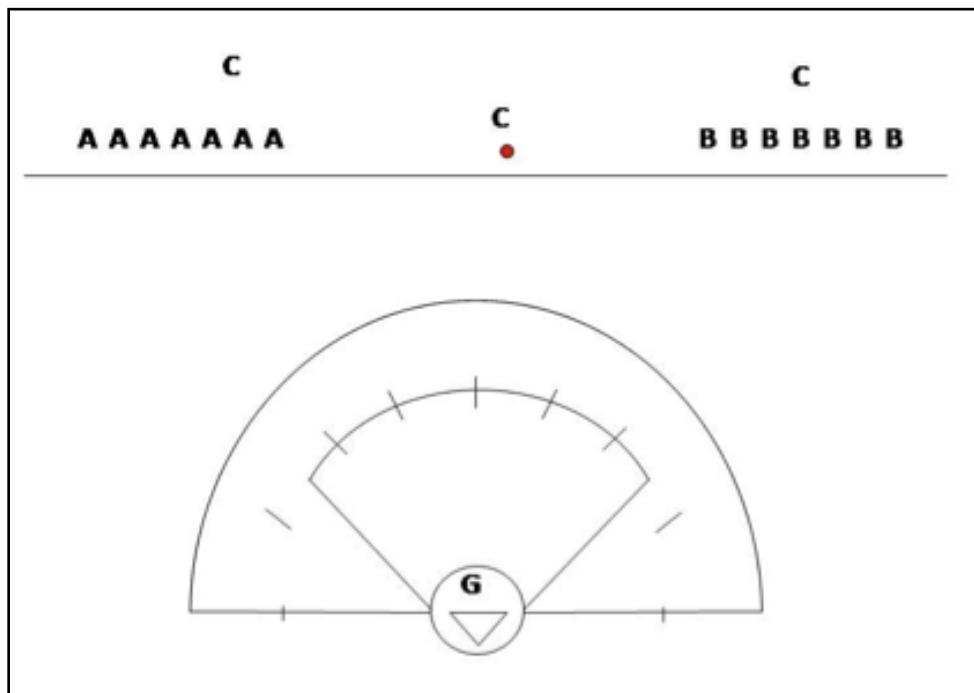
### VARIATIONS:

Challenge your players by mixing up the player up/player down scenarios. Test defenders by having them play a couple of players down. Test attackers by having them play against extra defenders.

---



**DRILL DIAGRAM:**







## WOMEN'S PERIMETER PASSING AND DUMP DRILL

### DRILL SPECS:

**Drill Theme:** Cutting Feeds Picks

**Field Location:** Attack Zone

**Time Needed:** 15 Min

**Drill Style:** Skills, Games

**Field Position:** Offense, Defense

**Skill Level:** Intermediate

---

### OBJECTIVE:

This drill is excellent for teaching players to move the ball around the perimeter and allow developments in the middle of the 8 meter arc. Players look to see the plays develop and time feeds to the attacker in the middle.

---

### DRILL DESCRIPTION:

Set up 4 cones around the perimeter of the 12 meter arc. Have an offensive player at each cone who works on long passes around the arc to the other players.

In the middle of the 8 meter arc will be an offensive player and a defensive player. The player on offense is looking to time cuts, and get open for feeds from the players working the ball on the perimeter. The defensive player in the 8 meter arc works for interceptions and knock downs.

After the ball is fed to the middle the player will catch and work for a shot on goal. After a shot on goal is taken, or a turn over – another ball will be started right away on the perimeter and the play continues. Have players work for 1 – 2 minutes in the middle to maximize practice time and develop the proper habits.

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### SKILLS PRACTICED:

- Cutting
- Feeding
- Defensive Positioning
- 1v1

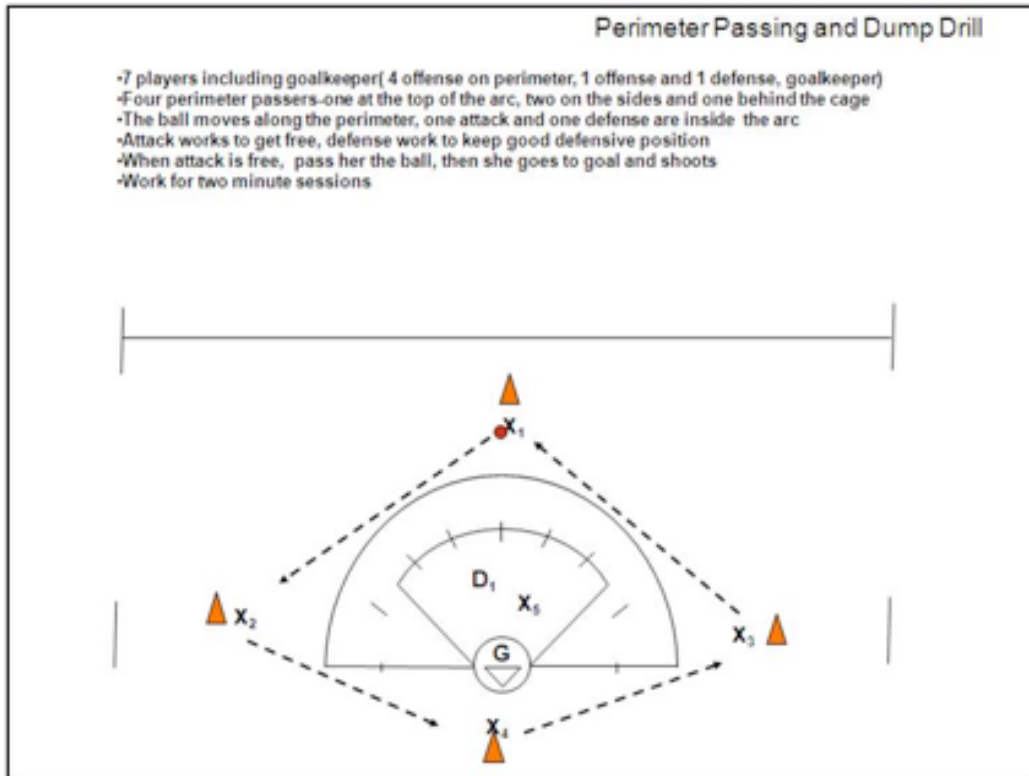
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### VARIATIONS:

Add defensive players around the perimeter as you want to increase pressure on the feeders. This drill works into a 5 v5 with your perimeter players only allowed outside the 12 meter arc and the 1 player allowed in the 8 meter arc, with the same dump in philosophy.



**DRILL DIAGRAM:**







## WOMEN'S EARLY SLIDE DRILL

### DRILL SPECS:

**Drill Theme:** Slides

**Field Location:** Attack Zone

**Time Needed:** 15 Min

**Drill Style:** Skill, Game

**Field Position:** Offense, Defense

**Skill Level:** Advanced

---

### OBJECTIVE:

Teaches offensive movement and dodging to draw the double team in order to move the ball to the open player on the back side. It teaches defenders how to slide to double team and cover the adjacent players and then how to re-set once the ball is moved.

---

### DRILL DESCRIPTION:

Set up 5 attackers and 5 defenders (four pairs in a square around the 8-meter and one pair on the inside of the 8-meter). The balls are up top with the coach. The coach will pass the ball to each corner players (X2, X1, X4, and X3) to give them a chance to dodge and then a new group of 10 comes in.

To start the drill, the coach lobs a ball to the attack player in the 2 spot (X2) who dodges hard and looks to draw the double team. The adjacent attack player (X3) cuts through to create space for the dodge forcing the defense (D3) to stay with her, or slide. As (X3) cuts through, X4 begins to curl up and around toward where (X3) just came from reading whether or not (D3) slides to double. If (D3) does double the ball, (X4) needs to be an outlet for (X2) as she backs out of the double team. (X2) backs out of the double team and moves the ball to (X4) who has curled around to support the ball. (X4) will immediately look to the back side where there is a 2v1 with (X3), (X1) and (D1).

---

### SKILLS PRACTICED:

- Dodging to draw the double team
- Backing out of double teams
- Clearing space offensively to open up dodging lanes
- Defensive communication
- Closing double teams and resetting after the ball is moved

---

### VARIATIONS:

Have players move the ball so that defense can practice sliding and doubling in a more game-like manner. For example, as (X4) is moving the ball to the back side to take advantage of the player up situation, the defense would need to reset. In this case, (D3) would hold and mark

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FOR MORE DRILLS, VISIT [USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE](https://uslacrosse.org/coaches/drills-archive)

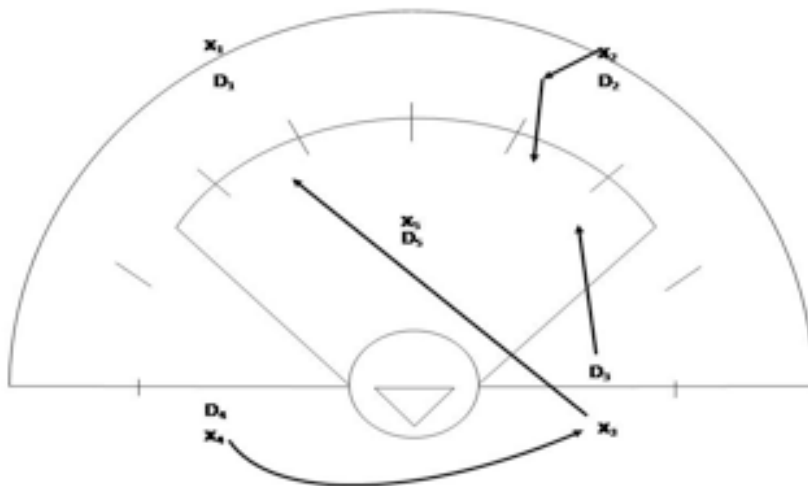




(X2) and (D2) would slide across the crease to mark (X1) as (D1) slides up to mark (X3). Play the 5v5 out until someone scores.

---

### DRILL DIAGRAM:







## WOMEN'S RIDING DRILL: RIDING AFTER A SHOT ON GOAL

### DRILL SPECS:

**Drill Theme:** Rides

**Field Location:** Full Field

**Time Needed:** 15 Min

**Drill Style:** Skills

**Field Position:** Offense, Defense

**Skill Level:** Basic

---

### OBJECTIVE:

Improve your team's ability to ride the clearing team after a shot on goal.

---

### DRILL DESCRIPTION:

This is a drill/play set up to have a standard ride after a shot. The goal is to have your players get back on defense and pick up the players as they set up to clear. Notice your defense is locked on the attack, and your midfielders are getting back to midfield before the clearing team. This is to prevent the fast break by the clearing team.

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### SKILLS PRACTICED:

- Riding
  - Clearing
  - Defensive Positioning
- 

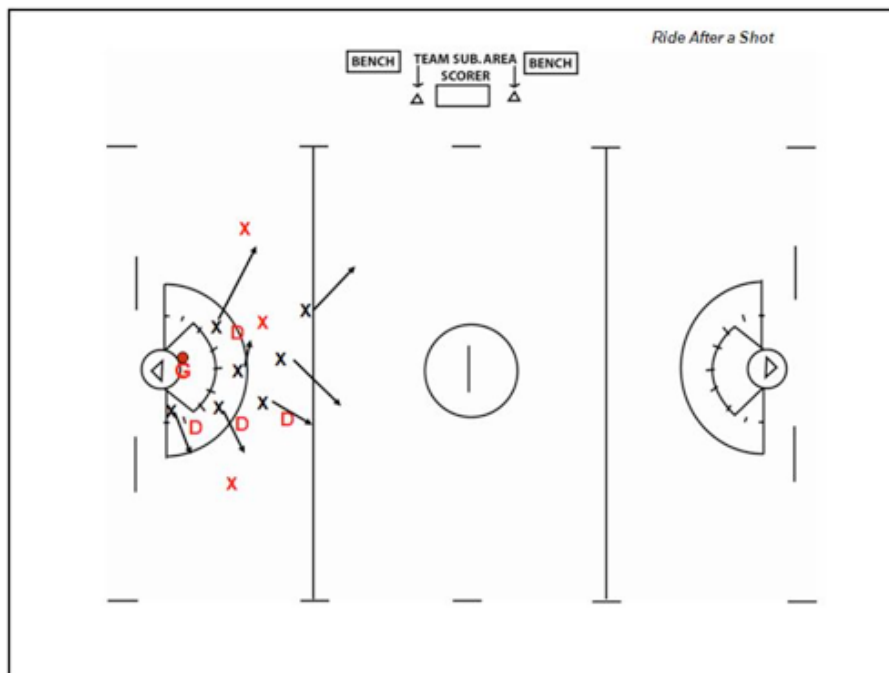
### VARIATIONS:

Add a stronger clear for the offensive team and practice forcing turnovers in situation play.

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**DRILL DIAGRAM:**







## WOMEN'S SINGLE REPLACEMENT DRILL

### DRILL SPECS:

**Drill Theme:** Cutting, Ball Movement  
**Field Location:** Attack Zone  
**Time Needed:** 10 Min

**Drill Style:** Skills, Game  
**Field Position:** Offense  
**Skill Level:** Basic

---

### OBJECTIVE:

To maintain a balanced attack and be aware of where one should be replacing cutters.

---

### DRILL DESCRIPTION:

The coach stands in the middle with a bucket of balls. One by one, the coach calls out a number. The first person in that line sprints towards the goal, as the coach tosses the ball up into the air. The player must catch, take one cradle, and then shoot on goal. After each player finishes her cut, she replaces to either line 1 or 6.

After they have the idea, only use 6 players **total**. Every time a player cuts through, most players will have to shift either clockwise or counter clockwise so that there is a player at each spot.

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### SKILLS PRACTICED:

- Balancing players on attack
- Replacing cutters
- Quick shots on goal

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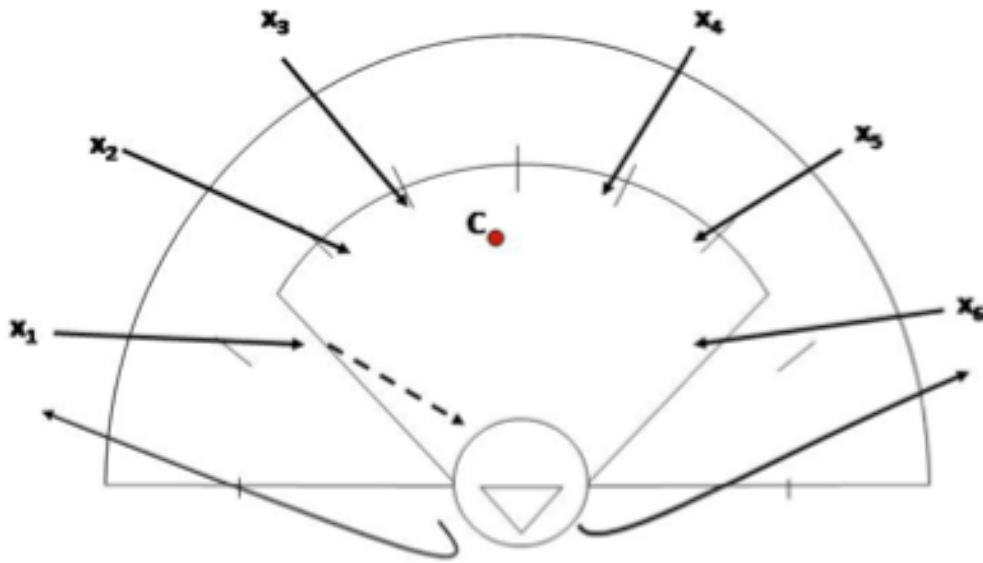
### VARIATIONS:

Have goalie clear the ball to defensive players not involved in the drill. Have them make leading passes to players running up from the goal line extended. Then make a long pass up and across the field to player above the restraining line.

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**DRILL DIAGRAM:**







Date: April 5, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup
  - One line stretching
  - Three lines Passing, ground balls, left hand 3 line warm up
  - Quick cradle at catch
- ◇ 300 drill
- ◇ 4 Point 1v1 drill
- ◇ The Program Drill 1 and 2
- ◇ Pressure clearing drill
  - 3v3
  - Start with a double team and advantage on the clear
- ◇ 7v7
  - Re-defend.
  - Ground ball to cradle.

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Notes:

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Phases: Conditioning, Ground Balls, Scoring, Good Defense

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## WOMEN'S 300'S DRILL

### AUTHOR INFORMATION:

**Author Name:** Leslie Frank

**Author School:**

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### DRILL SPECS:

**Drill Theme:** Conditioning

**Field Location:** Half Field

**Time Needed:** 10 Min

**Drill Style:** Conditioning

**Field Position:** Offense, Defense, Midfield

**Skill Level:** Intermediate

---

### OBJECTIVE:

To work on speed, agility, endurance and change of direction.

---

### DRILL DESCRIPTION:

Start by marking off a 25yard distance on the field with cones or lines. Break the team into groups of 3. Two players will stand at either end of the 25 yards with a ball. The player without the ball will begin the timed 300 on the whistle. The player will cut back and forth touching each end line 12 times. While sprinting back and forth receiving a pass and return the pass to and from each teammate.

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### SKILLS PRACTICED:

- Conditioning
- Change of Direction
- Catching and Throwing
- Pivots

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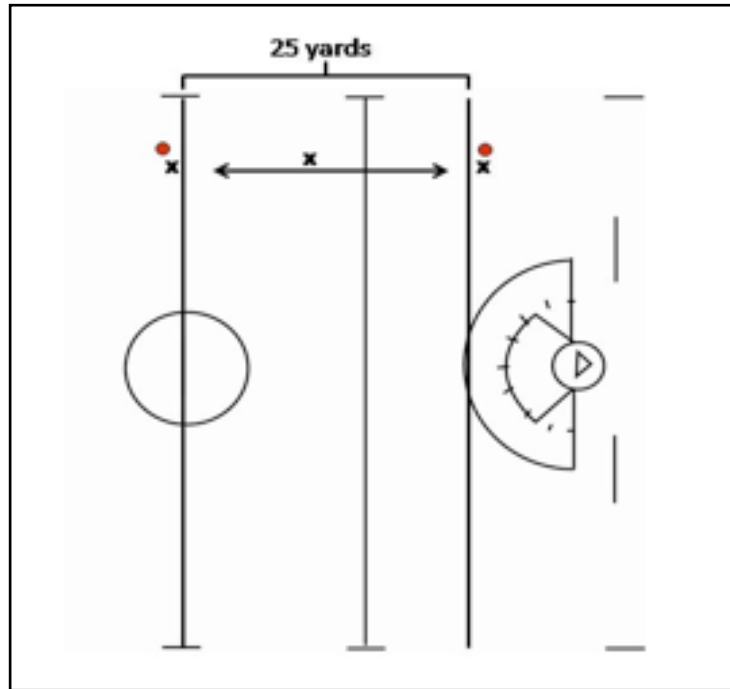
### VARIATIONS:

You can repeat the drill but with the non-dominant hand. Also you could switch to one ball and have the player receive an over the shoulder pass after touching the end lines.

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**DRILL DIAGRAM:**







## WOMEN'S 4-POINT 1 V 1'S DRILL

### DRILL SPECS:

**Drill Theme:** 1 v 1

**Field Location:** Attack Zone

**Time Needed:** 10 Min

**Drill Style:** Skills

**Field Position:** Offense, Defense

**Skill Level:** Basic

---

### OBJECTIVE:

This drill is excellent for teaching players 1 v 1 tactics and skills on both offense and defense. The objective is to either beat your player to the whole for a shot, or to defend in proper form and cause a turn over or a low angle shot.

---

### DRILL DESCRIPTION:

Set up 4 cones around the 12 meter, one at X (Behind the cage) and one at the top or Point. Then have 2 other cones out wide. Have a line of both offense and defense at each cone. The offensive player will be going 1 on 1 with the defender.

The coach starts each 1 on 1 by throwing the ball to the offensive player at each line, you may also roll the ball to start with a ground ball. The player will gather the ball and go to goal, taking the defender 1 on 1. The coach should give each 1 on 1 4 -5 second to develop into a shot or take away, after that a double whistle should blow and end the 1 on1.

After each 1 on 1, the coach will throw to another line and start that line. Have the players on offense rotate clockwise and the defense rotate counterclockwise, so that you get a different mix of players going 1 on 1 each time.

---

### SKILLS PRACTICED:

- Dodging
- Cradling
- Defense Positioning
- 1v1

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### VARIATIONS:

Vary the locations where the 1 on 1 will start. You may also have the goalie clear out each save, or even clear each goal to a breaking defender. This can work on a re-break situation.









## WOMEN'S THE PROGRAM 1-ONE TOUCH DRILL

### AUTHOR INFORMATION:

**Author Name:**

**Author School:** Northwestern, Maryland, Penn, and Hopkins

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### DRILL SPECS:

**Drill Theme:** Stick Work

**Field Position:** Offense, Midfield, Defense

**Time Needed:** 5 Min

**Drill Style:** Skill

**Field Location:** Anywhere

**Skill Level:** Advanced

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### OBJECTIVE:

Develop smooth stick skills and self-confidence in handling the stick.

---

### DRILL DESCRIPTION:

To be completed with partners approx. 5 yards apart. The stick is in the RIGHT HAND with partners facing each other. One partner tosses the ball to the other partner to begin the drill. The ball is caught and then thrown back to partner 1) Between the legs, 2) Behind the Back, 3) Over the shoulder. Continue to sequence for the allotted time. There is no cradle in this drill. It should be fluid and fast. Encourage hip and shoulder movement rather than moving their feet. \*For over the shoulder toss, players need to take their right shoulder to their left knee and pop the ball over their shoulder to their partner.

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### SKILLS PRACTICED:

- Ball Movement
  - Supporting the Ball
  - Throwing accurately
  - Catching in close quarters
- 

### VARIATIONS:

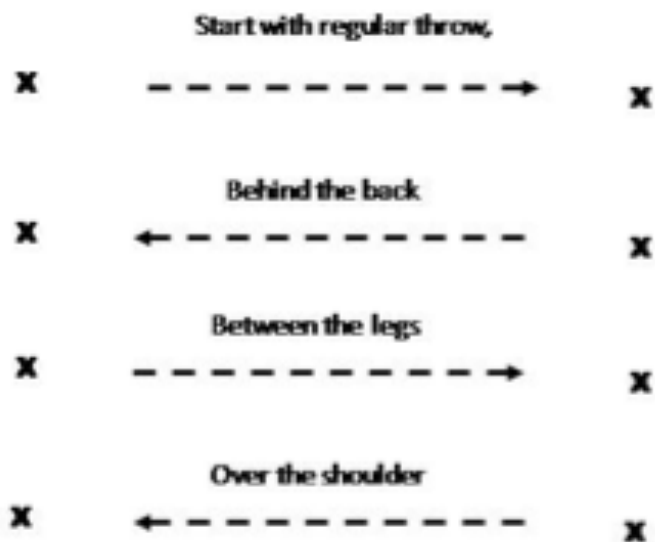
Practice the different sections of the program individually to start. Once players become comfortable with the sequence and more accurate with the different types of throws have competitions to see who can get through the program the greatest number of times in 2 minutes. This drill can also be done using the left hand.

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## DRILL DIAGRAM:







## WOMEN'S THE PROGRAM 2-QUICK STICK DRILL

### AUTHOR INFORMATION:

**Author Name:**

**Author School:** Northwestern, Maryland, Penn, and Hopkins

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### DRILL SPECS:

**Drill Theme:** Stick Work

**Drill Style:** Skill

**Field Position:** Offense, Midfield, Defense

**Field Location:** Anywhere

**Time Needed:** 5 Min

**Skill Level:** Advanced

---

### OBJECTIVE:

Develop smooth stick skills and self-confidence in handling the stick.

---

### DRILL DESCRIPTION:

To be completed with partners approx. 5 yards apart. The stick begins in the RIGHT HAND with partners facing each other. The ball is thrown to partner and caught with the RIGHT HAND. SWITCH to the left hand and catch/throw with the left hand. KEEP the stick in the LEFT hand and catch/throw reverse stick left. SWITCH the stick to the RIGHT hand and catch/throw reverse stick with the right hand. There should be NO cradling in this drill.

---

### SKILLS PRACTICED:

- Ball Movement
  - Supporting the Ball
  - Throwing accurately
  - Catching in close quarters
- 

### VARIATIONS:

Once players become comfortable with the motions of this drill, hold competitions between groups to see who can go the longest without dropping the ball.

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## WOMEN'S PRESSURE CLEARING DRILL

### DRILL SPECS:

**Drill Theme:** Clearing

**Field Location:** Attack Zone

**Time Needed:** 15 Min

**Drill Style:** Game

**Field Position:** Defense

**Skill Level:** Intermediate

---

### OBJECTIVE:

Simulate game like clearing situations. This drill forces goalies to handle the ball and make an accurate clear with attackers on them.

---

### DRILL DESCRIPTION:

There are 4 players and 1 goalie in this drill. 2 defenders (D1 and D2) line up on either side of the 8m at goal line extended. There are 2 attackers (X1 and X2) directly in front of the goal facing the goal cage. The coach stands behind the attackers at about middle of the 8m with balls.

The drill begins with a shot by the coach, intentionally missing the goal wide to either side. The ball is now live and the goalie and attackers react to where the ball is thrown and battle for a 1v2 ground ball. If the goalie is successful, she looks to clear to either defender who are breaking out for her. If either one of the attackers picks up the ball, they immediately look to go to goal and the goalie must return to the cage to try and save the shot.

On the goalie ground ball, the defenders must cut up field while remaining in a good passing angle for the goalie. The goalie looks to clear to either side. On the clear, the opposite side clearing defender breaks to the middle of the field to receive a pass from the defender who caught the clear.

---

### SKILLS PRACTICED:

- Goaltending- clearing under pressure and stick work
- Defensively-successfully clearing the ball and helping the goalie
- Defensive cuts and good passing angles
- Riding attackers communication and holding strong double teams

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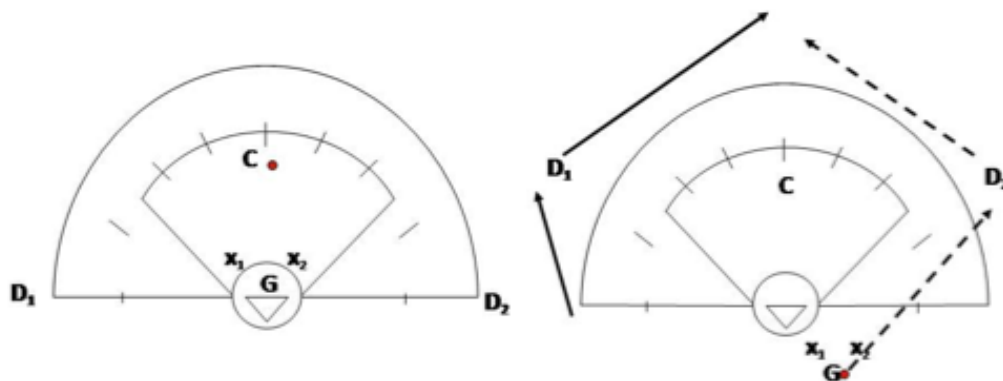
### VARIATIONS:

Add players, attackers and defenders, above the restraining line and have play out the drill to midfield. Defenders have to work to get open to receive outlet passes from their low defenders.

---



**DRILL DIAGRAM:**







Date: April 7, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup
  - One line stretching
  - 6 lines Passing, ground balls, left hand 3 line warm up
  - Quick cradle at catch
- ◇ Ground Ball Checking (also conditioning)
- ◇ 4 Point 1v1 drill
- ◇ Midfield Swarm
  - Follow pass to be trailer
- ◇ Trailer Shooting Drill (without goalie)
- ◇ 7v7
  - Re-defend
  - Ground ball to cradle

---

Notes:

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Picture dry run practice.

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Phases: Conditioning, Ground Balls, Scoring, Good Defense.

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## WOMEN'S GROUND BALL CHECKING DRILL

### DRILL SPECS:

**Drill Theme:** Ground Balls

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Warm Up, Skills

**Field Position:** Midfield

**Skill Level:** Intermediate

---

### OBJECTIVE:

Improve player's ability to pick up ground balls and check an opponent's stick when the opportunity arises. Enhance players understanding of how, when and why to check a player on a ground ball pick up.

---

### DRILL DESCRIPTION:

This is a drill that you can run as a conditioning drill with five players moving fairly quickly. It is a drill that players run themselves so the coach can attend to the players and help them with any error correction that is needed. Three players are set up side by side at one end of the grid. The player in the middle has the ball. She rolls the ball away from the players on either side of her and they take off attempting to retrieve the groundball. Once one player has control of the ball the other player looks to create a turnover and tries make the check and then gain control of the ball. If the player has an opportunity to check they should use the "Out and Away" check. This is a great check that allows you to dislodge the ball and then maintain great body position on the player you just created a turnover with.

The key with this check is that it will propel the ball out and in front of you so you can easily pick it up with good body position.

Once one player maintains possession the two players head to the opposite end of the grid from where they started. Two players are down at the opposite end are waiting until the player with the ball reaches them. The player with the ball rolls the ground ball out for these two players to go after. The sequence continues.

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### SKILLS PRACTICED:

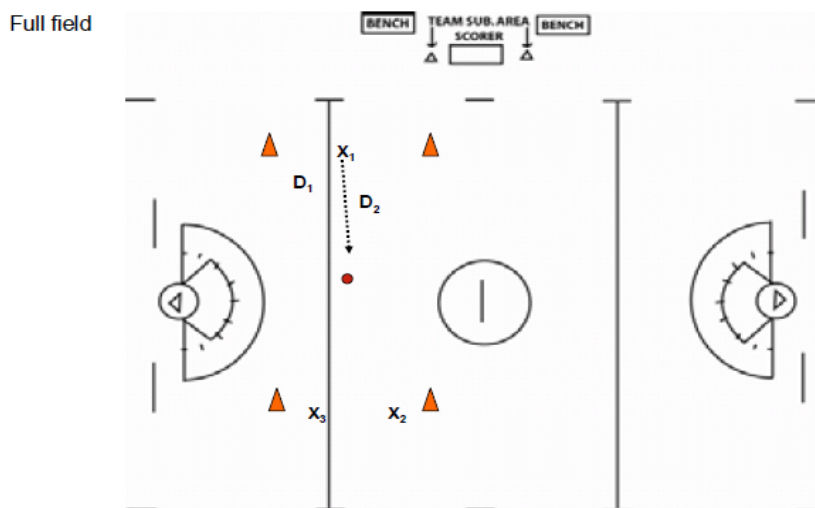
- Ground Balls
- Defensive Position
- Stick Checking



## VARIATIONS:

- keep score, how many turnovers
  - run drill for time as a fitness drill
- 

## DRILL DIAGRAM:



X1 rolls a ground ball that D1 & D2 go after. If D2 gets the ball then she heads to the other end of the grid and rolls the ball out for X2 & X3. After she rolls the ball out D1 & D2 fill the spots that X2 & X3 just left.





## WOMEN'S 4-POINT 1 V 1'S DRILL

### DRILL SPECS:

**Drill Theme:** 1 v 1

**Field Location:** Attack Zone

**Time Needed:** 10 Min

**Drill Style:** Skills

**Field Position:** Offense, Defense

**Skill Level:** Basic

---

### OBJECTIVE:

This drill is excellent for teaching players 1 v 1 tactics and skills on both offense and defense. The objective is to either beat your player to the whole for a shot, or to defend in proper form and cause a turn over or a low angle shot.

---

### DRILL DESCRIPTION:

Set up 4 cones around the 12 meter, one at X (Behind the cage) and one at the top or Point. Then have 2 other cones out wide. Have a line of both offense and defense at each cone. The offensive player will be going 1 on 1 with the defender.

The coach starts each 1 on 1 by throwing the ball to the offensive player at each line, you may also roll the ball to start with a ground ball. The player will gather the ball and go to goal, taking the defender 1 on 1. The coach should give each 1 on 1 4 -5 second to develop into a shot or take away, after that a double whistle should blow and end the 1 on 1.

After each 1 on 1, the coach will throw to another line and start that line. Have the players on offense rotate clockwise and the defense rotate counterclockwise, so that you get a different mix of players going 1 on 1 each time.

---

### SKILLS PRACTICED:

- Dodging
- Cradling
- Defense Positioning
- 1v1

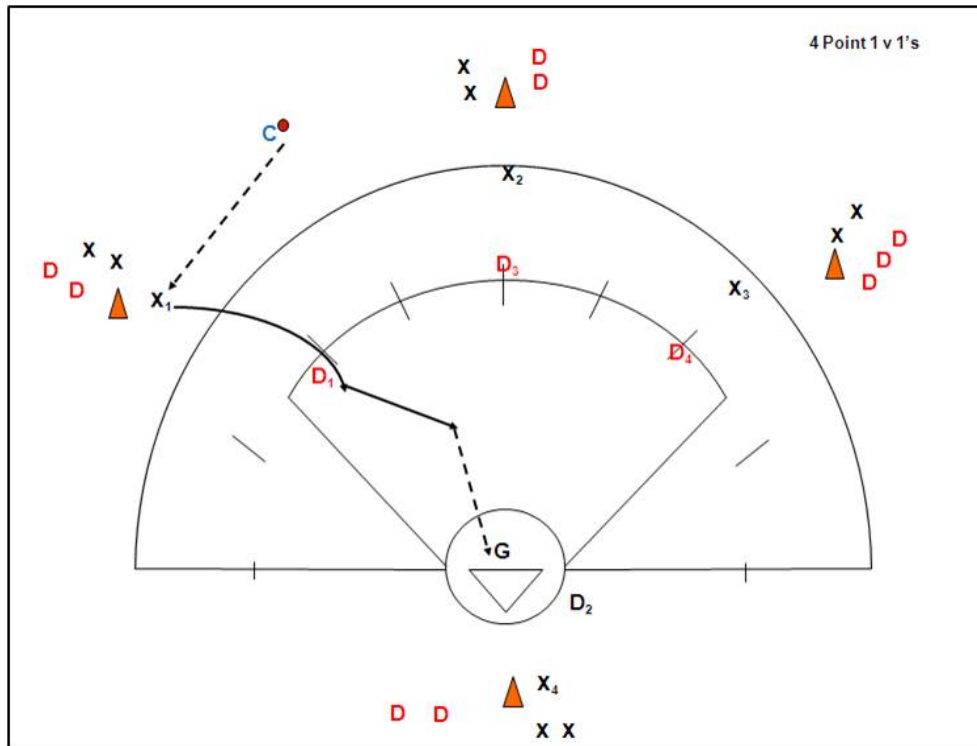
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### VARIATIONS:

Vary the locations where the 1 on 1 will start. You may also have the goalie clear out each save, or even clear each goal to a breaking defender. This can work on a re-break situation.



## DRILL DIAGRAM:







## WOMEN'S MIDFIELD SWARM DRILL

### DRILL SPECS:

**Drill Theme:** Transitions  
**Field Location:** Half Field  
**Time Needed:** 15 Min

**Drill Style:** Game  
**Field Position:** Midfield  
**Skill Level:** Intermediate

---

### OBJECTIVE:

Allows players to practice taking care of the ball in the midfield when under pressure.

---

### DRILL DESCRIPTION:

Four cones are set up in a box each about 15 yards apart and there is a defender at each of the cones. X1 starts between the two cones closest to the goal. X1 has 2 outlets, X2 and X3, who are positioned up field. X1 has one objective, don't turn the ball over. The drill begins with the coach rolling a ground ball to X1. Once the ground ball leaves the coaches stick, the 4 defenders take off and go after X1 attempting to force a turnover. Once the defenders apply pressure to X1, the coach blows a whistle which releases the two outlets and signals for X1 to move the ball. The outlets look to help X1 while the defenders adjust to cover them.

Many players try to run through pressure which can result in a turnover. Maintaining possession is the most important aspect of this drill. Stress backing out of pressure/running out of pressure (instead of through it) to maintain possession. This drill forces players with the ball under pressure to look up and keep their feet moving so they can find an outlet pass before they get swarmed.

---

### SKILLS PRACTICED:

- Cutting to space
- Transitioning the ball down field
- Seeing and showing for the ball
- Breaking into open passing lanes
- Recovering defensively

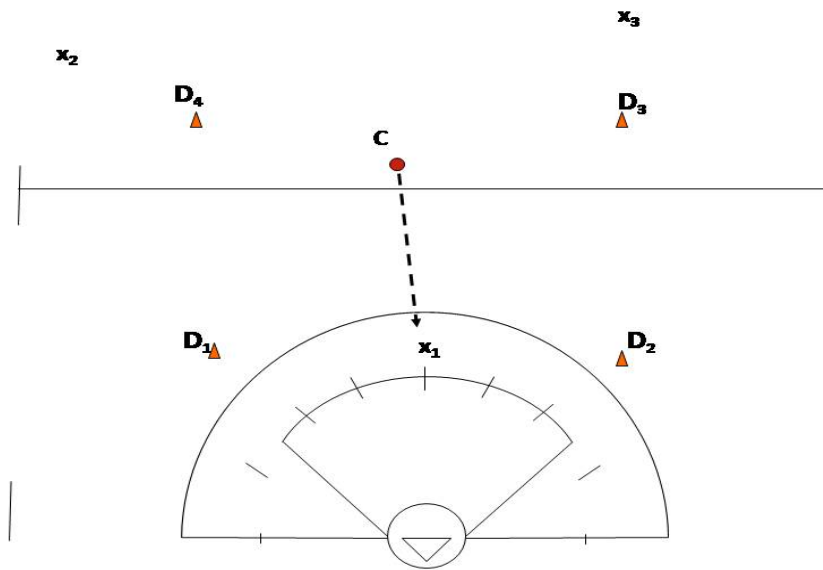
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### VARIATIONS:

Coaches can have the defenders play without sticks to work on their footwork for closing double teams and not allow checking.



**DRILL DIAGRAM:**







## WOMEN'S SLOW BREAK – TRAILER SHOOTING DRILL

### DRILL SPECS:

**Drill Theme:** Transitions  
**Field Location:** Attack Zone  
**Time Needed:** 15 Min

**Drill Style:** Games  
**Field Position:** Offense, Midfield  
**Skill Level:** Intermediate

---

### OBJECTIVE:

This drill is excellent for teaching how to run a slow break and look for trailing players that could be open breaking down the point for open shots. Timing and vision is everything in these drills.

---

### DRILL DESCRIPTION:

Balls start at the low two cones. Those lines will go to goal and dodge when they get to goal line extended. You will be looking for the dodging players to throw back or roll back when they look to move the ball.

The two lines up top will drift into the 8 meter and look to move into a position where they can cut down on a slow break, look for a pass from the dodging player, and finish.

Have your players rotate to a different line each time.

---

### SKILLS PRACTICED:

- Dodging
- Feeding
- Transition Offense

Slow Breaks

---

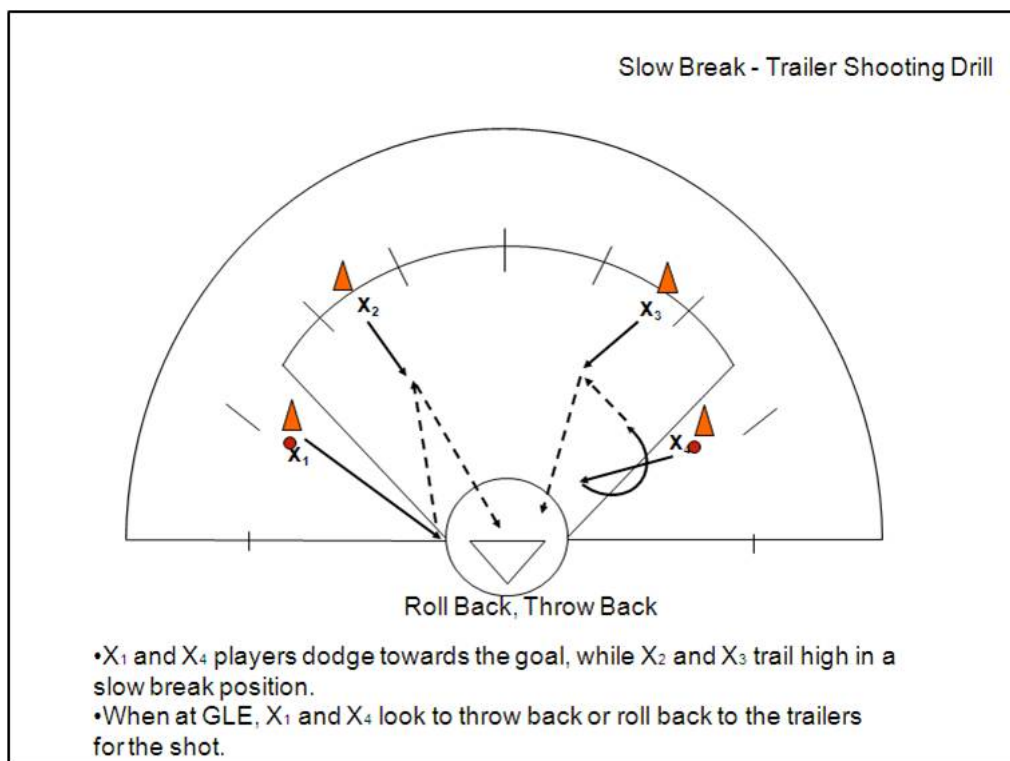
### VARIATIONS:

Vary the locations where the slow break comes from, or the location of where the dodging players attack. Add defensive players to the drill to work on cutting and getting free to feed.

---



**DRILL DIAGRAM:**







Date: April 14, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

---

Drills:

- ◇ Dynamic Warmup
  - One line stretching
  - Three lines Passing, ground balls, left hand 3 line warm up
- ◇ Bronco drill
- ◇ Slot cut drill
- ◇ Water
- ◇ Pentagon with soccer ball
- ◇ Best game ever with soccer ball
- ◇ Water
- ◇ Over and Down with Goalie
- ◇ 7v7
  - Re-defend.
  - Ground ball to cradle.

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Notes:

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Phases: Warmup, Shooting/movement, Clears/defense, Goalie play and 7v7

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## WOMEN'S BRONCO DRILL

### AUTHOR INFORMATION:

**Author Name:** Frank Rogers

**Author School:** Aquinas College

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### DRILL SPECS:

**Drill Theme:** Ball Movement

**Field Position:** Offense, Midfield

**Time Needed:** 15 Min

**Drill Style:** Skill

**Field Location:** Offense

**Skill Level:** Basic

---

### OBJECTIVE:

To work on decision-making, clearing, and quick shots and passes in a tight area.

---

### DRILL DESCRIPTION:

Start by setting up 4 corners on the field. Player 3 is at the top of the restraining line and feeds it to player 1 on a diagonal pass. Player 1 then passes to the attacker to her right, player 2. Once the initial pass is made player 3 cuts into the 12-meter arc, then breaks back out for a pass from player 2. Once player 3 receives the ball again she will run a 2 v 1 with player 4 against player 2. The players involved in the 2 v 1 must move the ball quickly and get quick shots off.

---

### SKILLS PRACTICED:

- Ball Movement
  - Clearing
  - Decision Making
  - Quick Passes
  - Quick Shots
- 

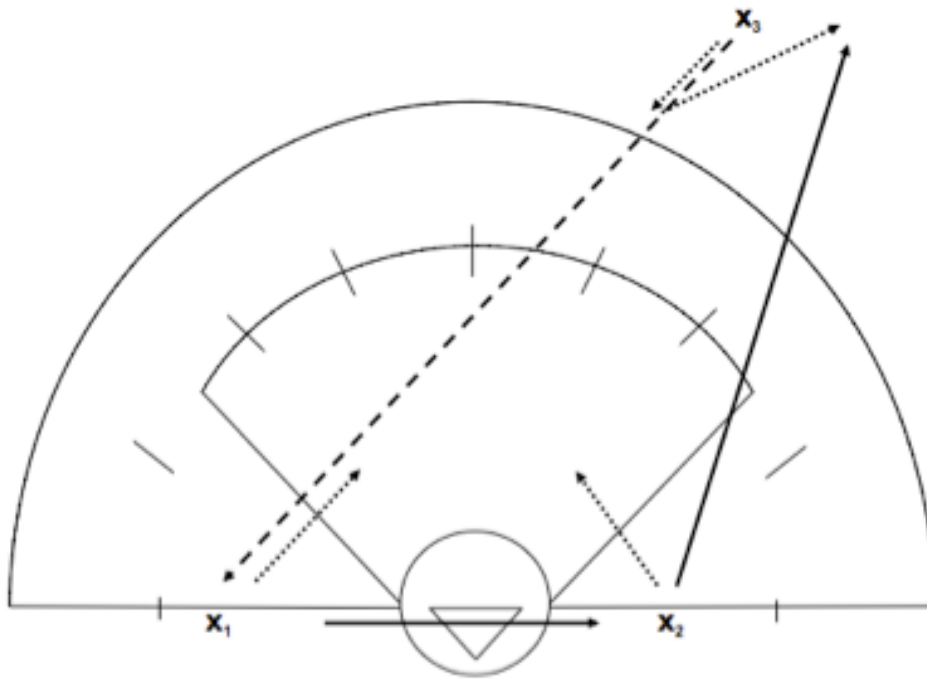
### VARIATIONS:

You can run the drill from the opposite side starting with player 4. In addition, you can make sure the ball is worked around the cage before the play is initiated, increasing communication and stick work.

---



**DRILL DIAGRAM:**







# WOMEN'S SLOT CUT SHOOTING DRILL

## AUTHOR INFORMATION:

**Author Name:** Liz Robertshaw

**Author School:** Boston University

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## DRILL SPECS:

**Drill Theme:** Shooting

**Field Position:** Offense

**Time Needed:** 10 Min

**Drill Style:** Skill

**Field Location:** Attack Zone

**Skill Level:** Basic

---

## OBJECTIVE:

To work on timing and handling the pass and finishing a shot on the move in the attacking zone.

---

## DRILL DESCRIPTION:

Set up 3 lines. 1 line of feeders behind the crease, and 2 lines up top at the 12-meter. Ball starts in the high right line and passes down to the feeder at the crease. Passer goes to set a pick, while crease player low rolls the crease and hits high right player on her slot cut. Shots should be mid sidewalls and low. Keep this going for high reps one after another.

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## SKILLS PRACTICED:

- Shot Placement
- Timing
- Cutting
- Maintaining Possession

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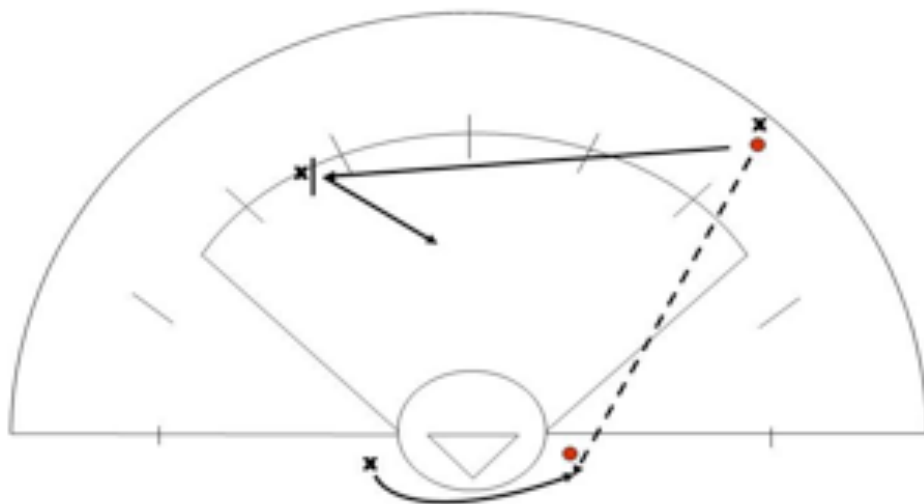
## VARIATIONS:

You can add defense to the feeding and shooting lines to make it more similar to a game like situation.

---



**DRILL DIAGRAM:**







## WOMEN'S PENTAGON DRILL

### DRILL SPECS:

**Drill Theme:** Defensive Drills  
**Field Location:** Half Field  
**Time Needed:** 15 Min

**Drill Style:** Game  
**Field Position:** Defense  
**Skill Level:** Intermediate

---

### OBJECTIVE:

To improve on and off ball defensive positioning.

---

### DRILL DESCRIPTION:

Set up 5 cones in the shape of a pentagon about 10 yards apart. Have a sixth cone in the center of the drill. An offensive player and a defensive player stand at each of the 5 outside cones. Offensive players (X) are working on moving the ball and eventually trying to cut inside to touch the center cone. Defenders (D) must work on seeing both ball and girl and keeping their sticks up in the passing lanes. They must constantly communicate with each other and anticipate passes, cuts, blocks and interceptions. As the drill progresses, defenders can work on double teaming and then re-setting as the ball is moved.

---

### SKILLS PRACTICED:

- Defensive positioning
- Correct defensive angles off-ball
- Effective defensive communication
- Proper stick positioning
- Sliding to teammates and double teaming

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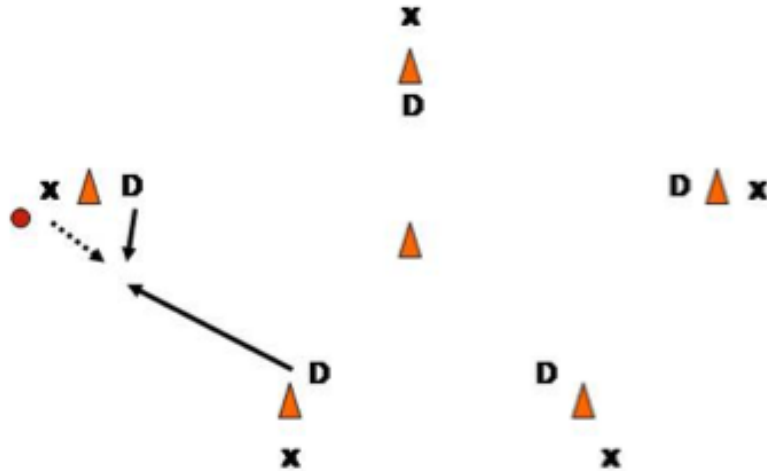
### VARIATIONS:

Have offensive players and defensive players switch positions so every player gets to work on all aspects of the drill.

---



**DRILL DIAGRAM:**







## BEST GAME EVER

### DRILL SPECS:

**Drill Theme:** Clear & Defend the Fast Break

**Field Location:** Goal Circle

**Time Needed:** 5-10 Min

**Drill Style:** Game

**Field Position:** All

**Skill Level:** Basic, Can be progressed

---

### OBJECTIVE:

This objective of this game is to help teach clearing and defending the fast break in a constraints-based game.

---

### DRILL DESCRIPTION:

- 4 players plus a goalie (for each team) start behind GLE
- Each team clears the ball to the restraining line
- Every player has to receive a pass
- First team that reaches the restraining line turns and goes to goal
- Other team drops the ball and immediately plays defense (defend the break)
- Goalie whose team is not on defense, drops out
- Adjust number of players as needed

---

### DRILL PROGRESSIONS:

The game can be played with or without sticks. Try using a mini soccer ball or football to focus on movement and positioning without the worry of dropping passes.

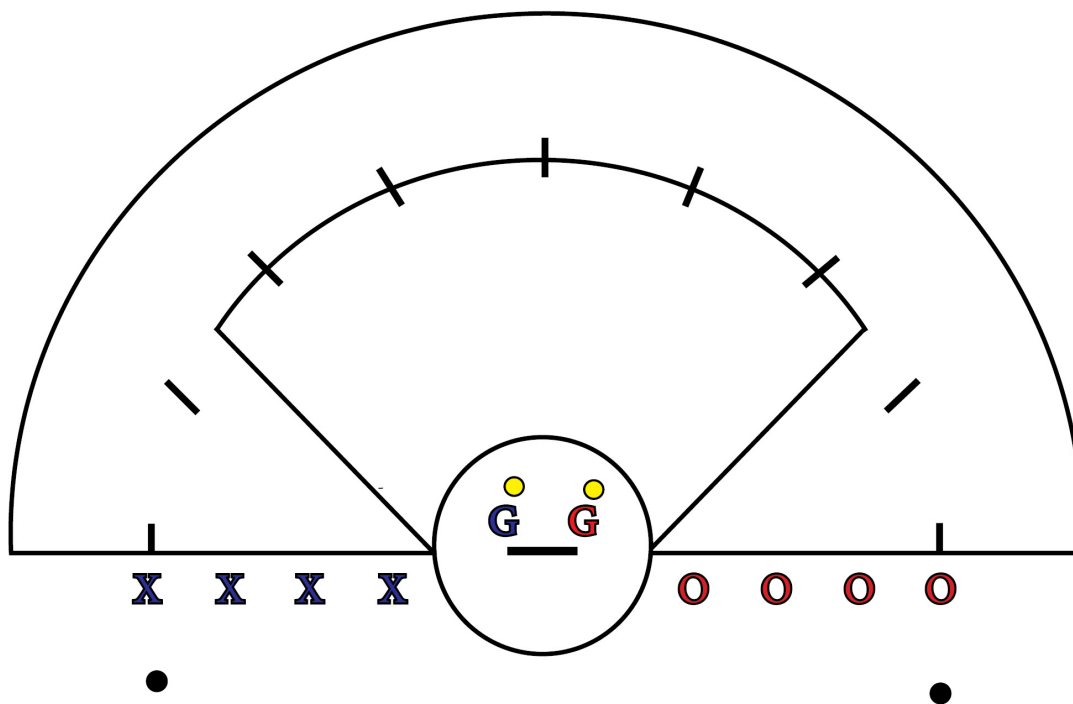
Introduce space and time constraints to progress or regress the game and to control the pace of the learning. Keep score and/or play to a desired number to promote competition.

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**DRILL DIAGRAM:**

Restraining Line







## WOMEN'S OVER AND DOWN DRILL

### DRILL SPECS:

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

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

---

### 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.

---

### 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 top corner, and that player will dodge inside and then bounce back out before they feed across to the other top line.

The top line will catch and move the ball right away to the line at goal line extended.

The 3<sup>rd</sup> line will catch the feed, on the crease and finish across the crease with a shot.

Players will rotate in a counter-clock wise rotation.

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### SKILLS PRACTICED:

- Ball Movement
- Feeding
- Shooting

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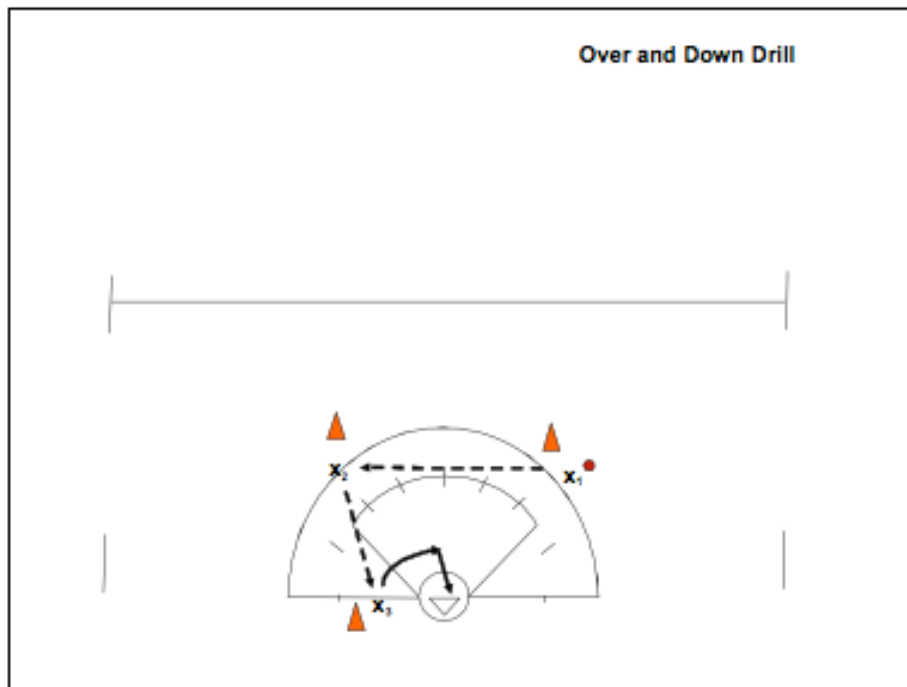
### VARIATIONS:

To vary the drill, be sure to change sides. You may also designate the final shooter each time, or even add defense to the drill to make things harder. Add your goalies into the cage to take the rapid fire shots.

---



**DRILL DIAGRAM:**







Date: April 19, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

---

Drills:

- ◇ Dynamic Warmup
  - One line stretching
  - Three lines Passing, ground balls, left hand 3 line warm up
- ◇ Bounce shot drill
- ◇ Butt/Butt Ground Ball drill
- ◇ Center circle stickwork
- ◇ Top of the 8 dodges to shot
- ◇ 3 shot shooting drill
- ◇ 5 cones shooting drill
- ◇ Funnel Drill
- ◇ 7v7
  - Come toward the ball emphasis.

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Notes:

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Phases: Warmup, Shooting/movement, Defense, Goalie play and 7v7

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## WOMEN'S BOUNCE SHOT DRILL

### DRILL SPECS:

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

**Drill Style:** Skill  
**Field Position:** Offense  
**Skill Level:** Basic

---

### OBJECTIVE:

To teach the concept of a bounce shot.

---

### DRILL DESCRIPTION:

Drill is set up in a shuttle formation. Have about 3-4 players in each line about 15-20-yards apart. Place a cone on the ground halfway between the two lines. Emphasis is on hitting the cone and simulating a bounce shot on goal so that the ball will project upward toward the goal. The rebound should go towards the other line where the first person in the line must field the bouncing ball and then shoot herself. This continues in shuttle formation with rotation to the back other line.

---

### SKILLS PRACTICED:

- Bounce shots
- Shooting at a spot on the ground
- Fielding a bouncing ball

---

### VARIATIONS:

Run drill with goal. Put a marker where the players should bounce their shot.

---





**DRILL DIAGRAM:**



**FOR MORE DRILLS, VISIT [USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE](https://uslacrosse.org/coaches/drills-archive)**





## WOMEN'S HOGAN LACROSSE "BUTT TO BUTT DRILL"

### DRILL SPECS:

**Drill Theme:** Ground Balls

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Warm Up, Skills

**Field Position:** Offense, Defense

**Skill Level:** Basic

---

### OBJECTIVE:

This drill helps players understand body awareness, how to lower your levels, and work for a groundball. But most importantly after scooping the ball, run away from pressure.

---

### DRILL DESCRIPTION:

Thanks to Matt Hogan of Hogan Lax for this great drill – the "Butt to Butt Drill"

This drill is a 2 person drill that has both players standing back to back with a ball between them on the ground. On the whistle the players turn and attempt to gain possession of the ground ball. Pick the ball up and get away from pressure.

---

### SKILLS PRACTICED:

- Ground Balls
  - Stick Checking
- 

### VARIATIONS:

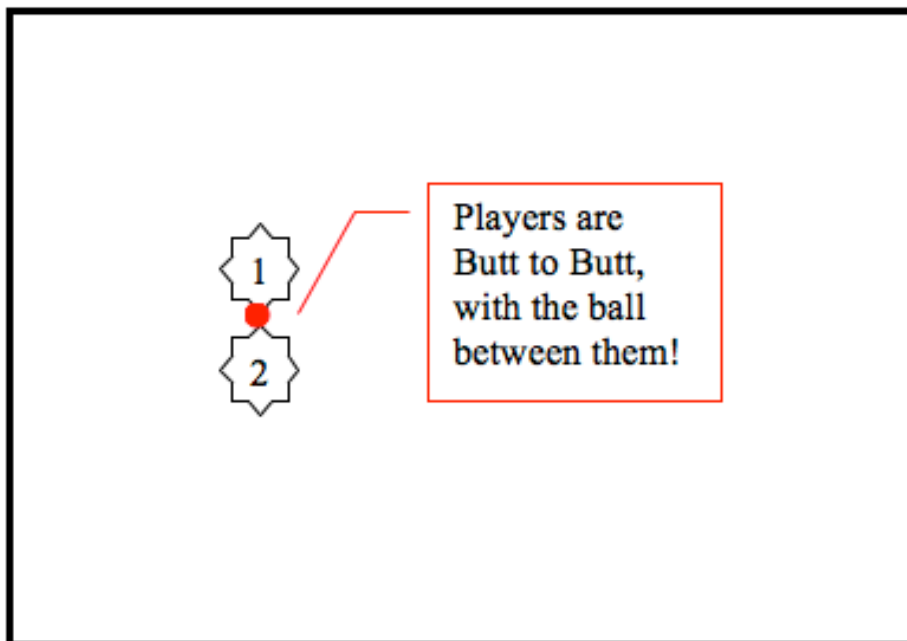
Add a third player as an outlet pass, and after the ball is picked up by one of the two players fighting for the ball, then the third player will break out and receive the pass as an outlet.

---





## DRILL DIAGRAM:







## WOMEN'S STICKWORK INSIDE THE CENTER CIRCLE DRILL

### DRILL SPECS:

**Drill Theme:** Cradling and Dodging

**Field Location:** Midfield

**Time Needed:** 10 Min

**Drill Style:** Warm Up, Skills, Conditioning

**Field Position:** Offense, Defense, Midfield

**Skill Level:** Basic

---

### OBJECTIVE:

Stick work Inside the Center Circle is a great warm-up drill that focuses on improving stick work and quick decision-making. This drill demands that players have their "eyes up" so they can see open players to pass to as well as anticipate a pass coming to them. This drill can also be used to improve conditioning.

---

### DRILL DESCRIPTION:

This drill is designed to be done inside the center circle on a women's lacrosse field. Unlike many stick work warm-up drills that focus on passing with one partner, this drill is more game-like with players constantly changing who they pass to and receive the ball from, and moving to get free for another pass.

Set up with 14-18 players inside the center circle. Begin the drill with one ball between every two players. On the coach's whistle, players begin moving and passing to teammates inside the center circle. The primary rule is that when you receive a ball, you cannot return the ball to the person who passed it to you. Players must have their eyes up looking to pass the ball to someone else. This forces the player receiving the ball to look up, see the field and anticipate the open player. If a player does not have a ball, she wants to pop towards a player with the ball to receive a pass. There is constant movement in this drill. Your players must also secure the ball after catching and control the ball during the confusion.

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### SKILLS PRACTICED:

- Cradling
- Strong and Weak Hand Play
- Stick Protection
- Ball Movement (Catching and Throwing)



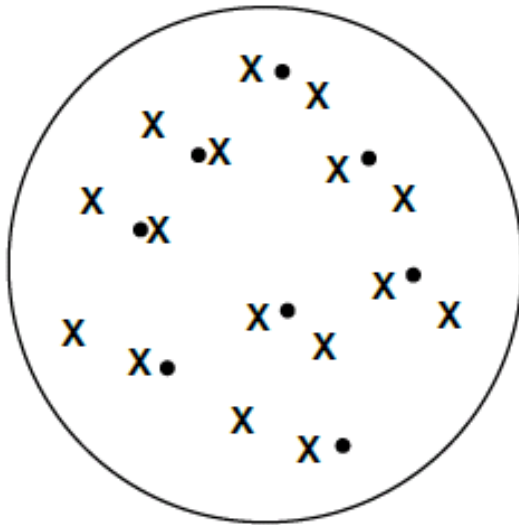


## VARIATIONS:

To challenge players stick work and field vision, coaches will direct players through a stick work sequence:

- Pass and receive right hand up, Pass and receive left hand up
  - Receive right then switch to pass left handed, Receive left then switch to pass right handed
  - Receive right, then roll the stick to the opposite shoulder for a reverse stick pass
  - Pass, receive, then dodge a player inside the circle. After the dodge, make a pass
  - Switch to all ground balls, Flip passes, bounce passes, Behind the back passes
  - Catch with two hands on the stick, pass with one hand (both left and right)
- 

## DRILL DIAGRAM:







## WOMEN'S 3 SHOT SHOOTING DRILL

### AUTHOR INFORMATION:

**Author Name:** Katie Rau

**Author School:** Missouri Baptist University

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### DRILL SPECS:

**Drill Theme:** Shooting

**Field Position:** Offense, Midfield

**Time Needed:** 10 Min

**Drill Style:** Skill, Warm-Up

**Field Location:** Attack Zone

**Skill Level:** Basic

---

### OBJECTIVE:

To work on shooting from 3 different scenarios in the attack zone.

---

### DRILL DESCRIPTION:

Start with 4 lines around the 12-meter. 1 feeder (F) behind the cage, 1 player (X3) off to the left side the 12m, 1 player top center (X1), and 1 player (X2) high left. X1 will run in to take a "breakaway" shot on goal. X2 will receive a pass from the feeder behind the goal and take a shot on goal. X3 will pick up a ground ball rolled out by the player behind her and takes a shot. All shots should be taken inside the 8-meter.

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### SKILLS PRACTICED:

- Feeding
- Ground Balls
- Shooting
- Timing and Cutting

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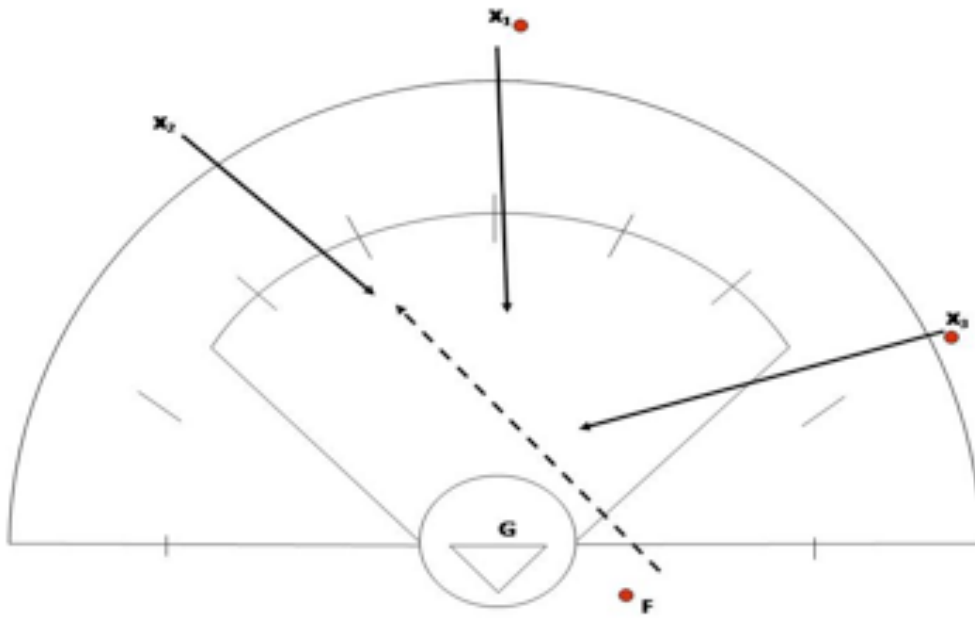
### VARIATIONS:

You can add defensive pressure to all positions of the shooting drill. Also switch to weak hand play.

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**DRILL DIAGRAM:**







## WOMEN'S 5 CONE SHOOTING DRILL

### AUTHOR INFORMATION:

**Author Name:** Laurie Markle

**Author School:**

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### DRILL SPECS:

**Drill Theme:** Shooting

**Drill Style:** Skill

**Field Position:** Offense, Defense, Midfield

**Field Location:** Attack Zone

**Time Needed:** 5 Min

**Skill Level:** Basic

---

### OBJECTIVE:

To build the skills of cutting at full speed and getting a good shot off within the attack zone.

---

### DRILL DESCRIPTION:

Set up 5 cones in the fan and label each cone by number, letter or color. Coach will have the balls at varying places around the fan. Players are lined up related to the coach's position. The coach yells out a designated cone and player sprint to receive the ball at that cone and then takes a shot. This is good for goalie reaction. Make sure the cones are spread out.

---

### SKILLS PRACTICED:

- Full Speed Cuts
- Shooting
- Goalie Positioning
- Goalie Reaction Time
- Feeding

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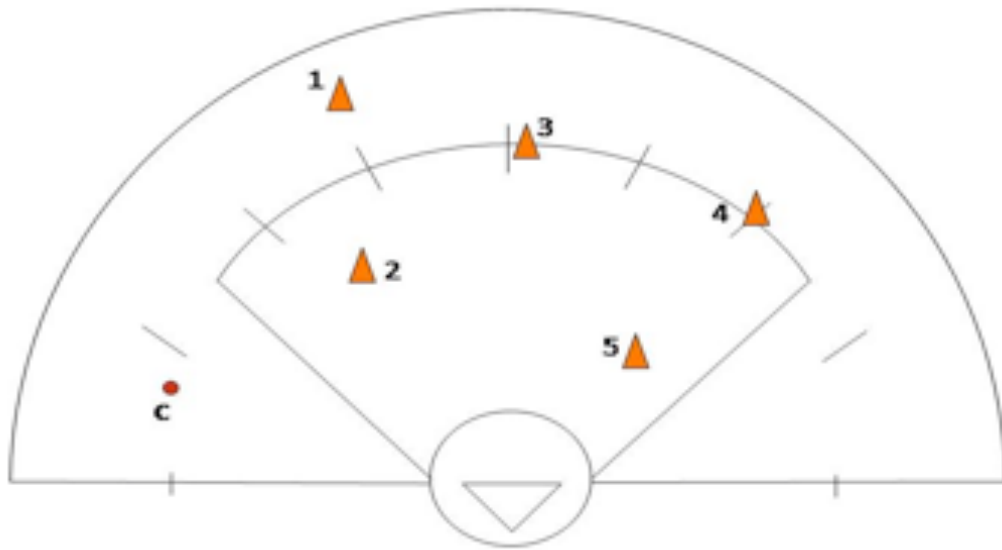
### VARIATIONS:

You can add variation by putting defensive pressure on the catch.

---



**DRILL DIAGRAM:**







## WOMEN'S FUNNEL DRILL

### DRILL SPECS:

**Drill Theme:** Blocking - Forcing  
**Field Location:** Attack Zone  
**Time Needed:** 15 Min

**Drill Style:** Games, Skills  
**Field Position:** Offense, Defense  
**Skill Level:** Advanced

---

### OBJECTIVE:

To practice defensive positioning and forcing when playing a ball carrier from up top to direct ball carrier down the alley, or to the backline (GLE).

---

### DRILL DESCRIPTION:

Start a line of defensive players and a line of "dummy" offensive players outside the attack zone/restraining line. On a coach's whistle, the first ball carrier drives with her right hand towards the right side of the goal. As the dodger makes her move to the goal, the first defender turns her hips and positions her feet so they point to the sideline to 'takes away' the middle of the field. Continue to force the ball carrier down the alley to a low percentage shot outside the 8 meter at goal line extended. If the dodger attempts to roll back, the defender maintains contact, stays topside and drives her defender down the alley into the slide. ***Also run this drill with dodger from the wing – defender must stay 'topside' and funnel dodger behind GLE using top hand hold to funnel dodger toward GLE (see X<sub>2</sub>/D<sub>2</sub> in diagram) work both sides of goal/both hands.***

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### SKILLS PRACTICED:

- Off Ball Defense
- Defensive Positioning
- Defensive Footwork
- Conditioning

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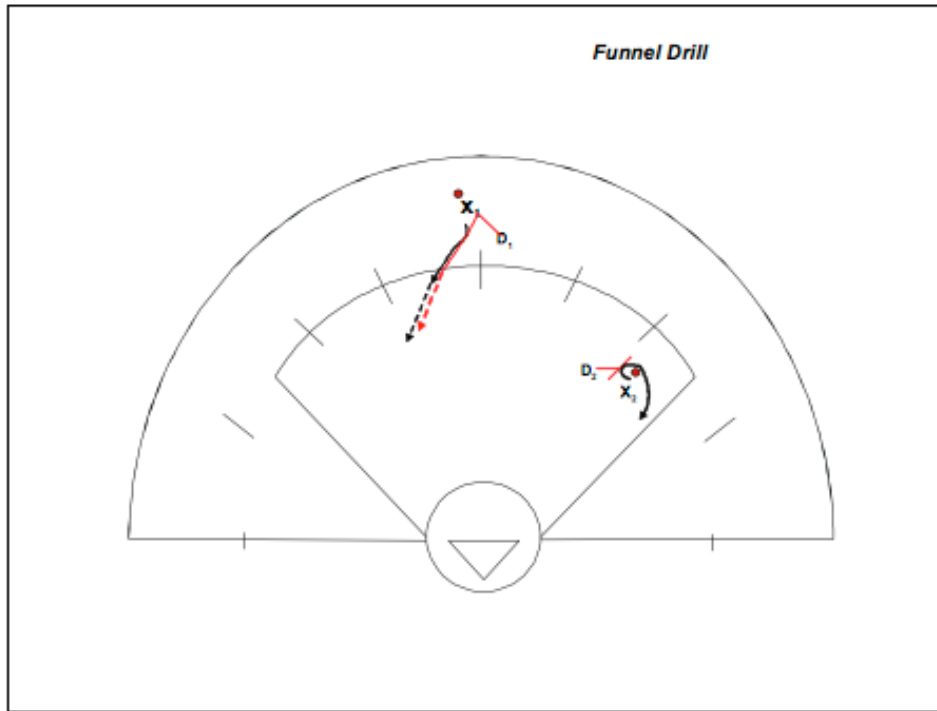
### VARIATIONS:

To increase the difficulty for defenders, challenge them to perform the same drill without sticks or with short sticks. Can add a Crease A/Crease D to practice driving the dodging into the slide from the crease (or from adjacent defender).

---



**DRILL DIAGRAM:**







Date: April 28, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup
  - One line stretching
  - Three lines Passing, ground balls, left hand 3 line warm up
  - Bounce shot drill
- ◇ Women's waterfall drill
- ◇ Slalom dodge drill
- ◇ Save to clear warmup drill
- ◇ 4 point 1v1
- ◇ 7v7
  - Riding after a shot
  - Attack start at GLE

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Notes:

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## WOMEN'S WATERFALL DRILL

### AUTHOR INFORMATION:

**Author Name:** Sarah Aschenbach

**Author School:** Holy Child School - Potomac, MD

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### DRILL SPECS:

**Drill Theme:** Ball Movement

**Field Position:** Offense, Defense

**Time Needed:** 15 Min

**Drill Style:** Game

**Field Location:** Full Field

**Skill Level:** Intermediate

---

### OBJECTIVE:

Work on short and long passes on the run; includes some conditioning work and includes goalies too!

---

### DRILL DESCRIPTION:

Players form 2 lines. One line has the balls. A player from each line runs up the middle of the field while passing ball back and forth. When they get to end, they fan out to the sideline and run back while making long cross field passes. Adjust distance for your level player, but make sure they stay wide and don't creep close in. You can start next group when the ones in front get to the restraining line.

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### SKILLS PRACTICED:

- Passing
- Catching
- Conditioning
- Leading passes

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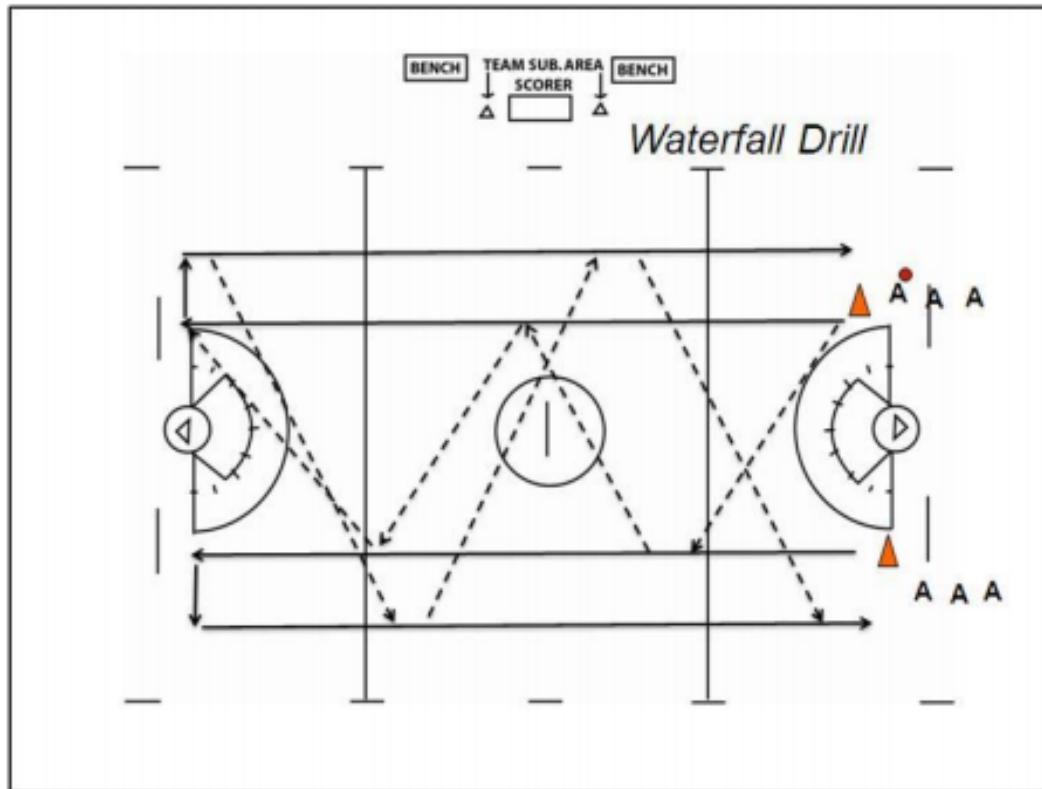
### VARIATIONS:

\*You can make the players practice defensive sliding while doing the short passes up the field. Have them get low and balanced and do quick sticks up the field facing each other. Do regular long passes back down the field\*

Invert waterfall – start with long passes and do short on way back and end with a shot. Challenge players to complete a certain number of passes.



**DRILL DIAGRAM:**







## WOMEN'S SLALOM DODGE DRILL

### DRILL SPECS:

**Drill Theme:** Cradling and Dodging  
**Field Location:** Midfield  
**Time Needed:** 5 Min

**Drill Style:** Warm Up, Skills  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Basic

---

### OBJECTIVE:

This drill is excellent for teaching players how to execute a dodge on the move. It creates enough space and lanes for players to perform various dodges quickly and efficiently. This warm-up drill enhances stick work and protection for players who move through multiple defenders.

---

### DRILL DESCRIPTION:

Four to six players stand facing front to back in a row about five yards from the player in front of them. The first player in line has the ball. The coach will call out the type of dodge you want them to execute.

The first player faces the line, and then begins weaving through, in and out, of each of her teammates. The player with the ball is running and executing each dodge toward the end of the line and circles back to the front, weaving on her way back. When she returns to the front of the line, she passes to the next player, whom she replaces in a stationary position as the drill continues.

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### SKILLS PRACTICED:

- Dodging
- Cradling
- Stick Protection
- Strong and Weak Hand Play

---

### VARIATIONS:

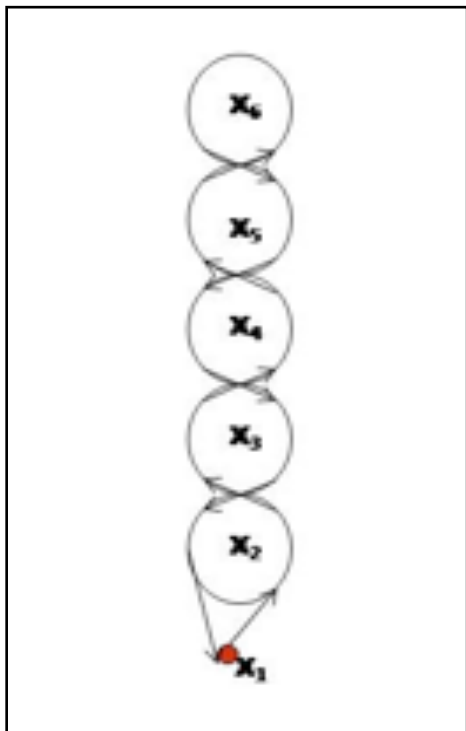
There are a couple variations for this drill such as to make a drill a race to see who can slalom fastest without dropping the ball.

Or have the players execute dodges in a specific order. Ex: pull right, pull left, roll dodge, switch hands dodge.

---



**DRILL DIAGRAM:**







## WOMEN'S SAVE TO CLEAR WARM UP DRILL

### DRILL SPECS:

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

**Drill Style:** Skill  
**Field Position:** Goalie  
**Skill Level:** Basic

---

### OBJECTIVE:

Warm up your goalie's clear game by giving them shots from about 10 yards away and then requiring them to clear to certain areas of the field, right away.

---

### DRILL DESCRIPTION:

Have your goalie get in goal and take shots from the coach from the 8 meter arc.  
Have 2 players or coaches roam around in the area between midfield and the attack zone.  
You will shoot on the goalie, which will make a save and then clear the long pass out to on of the players/coaches in the midfield area.  
The next shot will require the goalie to clear to the other player/coach in the midfield area.  
Have the players/coaches in the midfield area move around and change the distance of the clears for the keeper.

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### SKILLS PRACTICED:

- Goalie Play
- Clearing

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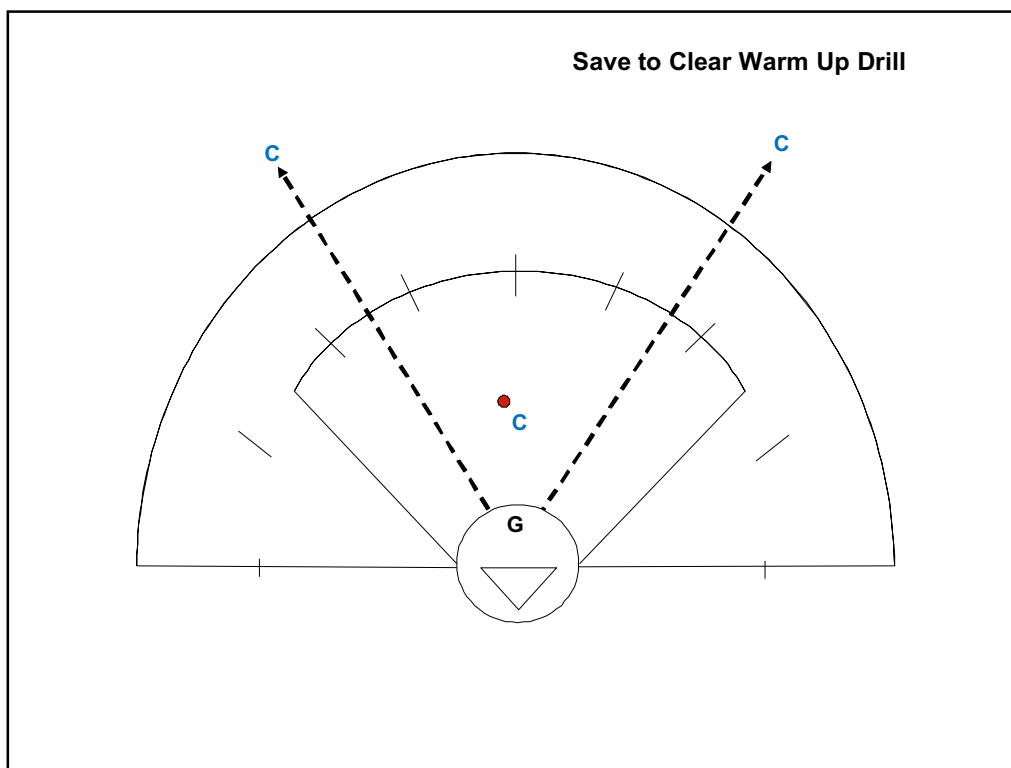
### VARIATIONS:

Vary where the shots come from on the field. You may also add targets in the midfield, like trash cans or boxes for the goalie to try and hit with clearing passes.

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**DRILL DIAGRAM:**







## WOMEN'S RIDING DRILL: RIDING AFTER A SHOT ON GOAL

### DRILL SPECS:

**Drill Theme:** Rides

**Field Location:** Full Field

**Time Needed:** 15 Min

**Drill Style:** Skills

**Field Position:** Offense, Defense

**Skill Level:** Basic

---

### OBJECTIVE:

Improve your team's ability to ride the clearing team after a shot on goal.

---

### DRILL DESCRIPTION:

This is a drill/play set up to have a standard ride after a shot. The goal is to have your players get back on defense and pick up the players as they set up to clear. Notice your defense is locked on the attack, and your midfielders are getting back to midfield before the clearing team. This is to prevent the fast break by the clearing team.

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### SKILLS PRACTICED:

- Riding
- Clearing
- Defensive Positioning

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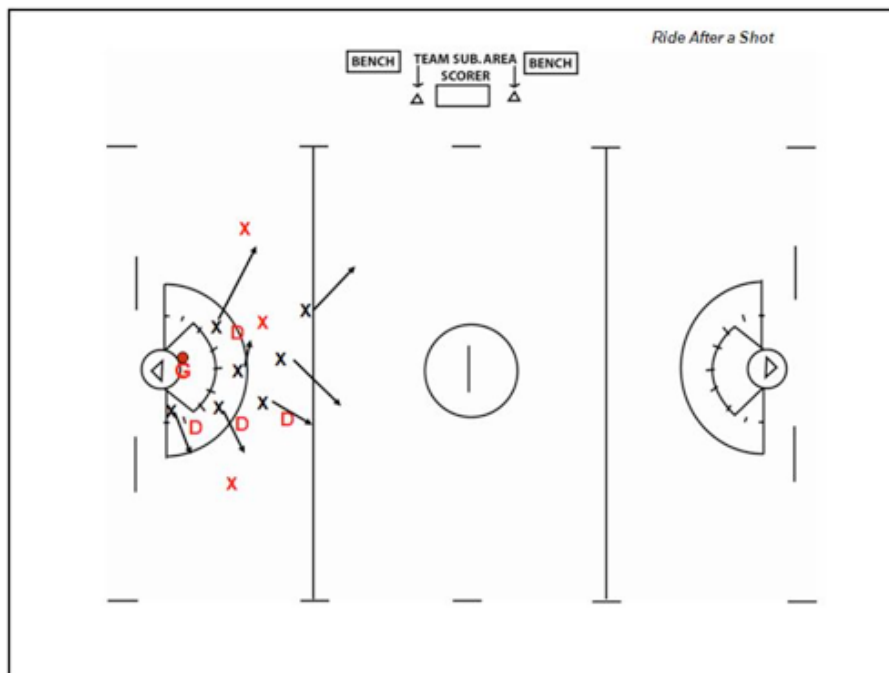
### VARIATIONS:

Add a stronger clear for the offensive team and practice forcing turnovers in situation play.

---



**DRILL DIAGRAM:**





## 4-Point 1 v 1's Drill

### Drill Specs

**Drill Theme:** 1 v 1

**Field Position:** Offense, Defense

**Drill Style:** Skills

**Time Needed:** 10 Min

**Field Location:** Attack Zone

**Skill Level:** Basic

### Objective

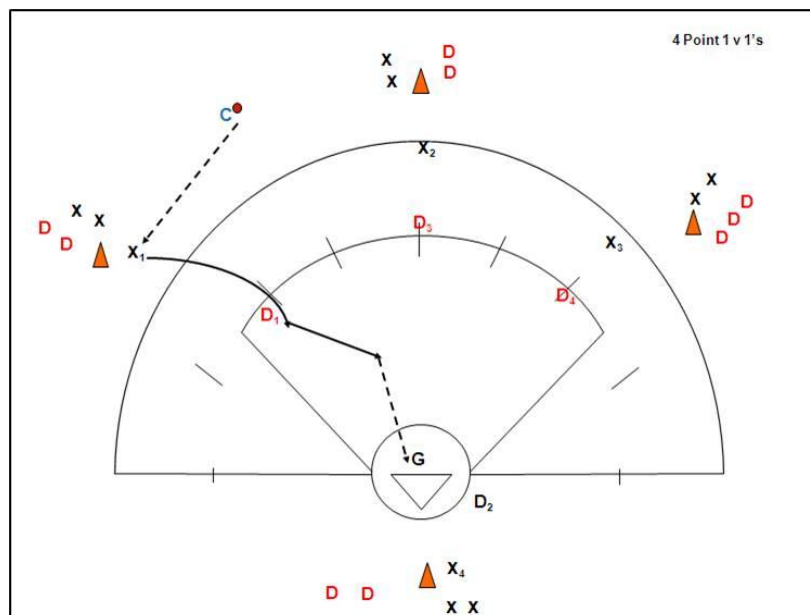
This drill is excellent for teaching players 1 v 1 tactics and skills on both offense and defense. The objective is to either beat your player to the hole for a shot, or to defend in proper form and cause a turnover or a low angle shot.

### Drill Description

Set up 4 cones around the 12 meter, one at X (behind the cage) and one at the top or Point. Then have 2 other cones out wide. Have a line of both offense and defense at each cone. The offensive player will be going 1 on 1 with the defender.

The coach starts each 1 on 1 by throwing the ball to the offensive player at each line, you may also roll the ball to start with a ground ball. The player will gather the ball and go to goal, taking the defender 1 on 1. The coach should give each 1 on 1 4 -5 second to develop into a shot or take away, after that a double whistle should blow and end the 1 on 1.

After each 1 on 1, the coach will throw to another line and start that line. Have the players on offense rotate clockwise and the defense rotate counterclockwise, so that you get a different mix of players going 1 on 1 each time.



*Continued on next page*



## 4-Point 1 v 1's Drill, Continued

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**Skills Practiced**

- Dodging
- Cradling
- Defense Positioning
- 1 v 1

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**Variation**

Vary the locations where the 1 on 1 will start. You may also have the goalie clear out each save, or even clear each goal to a breaking defender. This can work on a re-break situation.

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Date: May 3, 2021  
Practice Name: 14U Girls  
Estimated Duration: 90 Minutes

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Drills:

- ◇ Dynamic Warmup
    - One line stretching
    - Three lines Passing, ground balls, left hand 3 line warm up and/or
    - Bounce shot drill
  - ◇ Women's waterfall drill
  - ◇ 4 (2) corner shooting drill
  - ◇ 2s Pass/Catch Drill
  - ◇ Break Out to Fast Break Shooting Drill
  - ◇ US Lacrosse Best Game Ever
- 

Notes:

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## 4-Corner Shooting Drill

### Drill Specs

**Drill Theme:** Shooting  
**Field Position:** Offense

**Drill Style:** Warm Up, Skills  
**Time Needed:** 20 Min

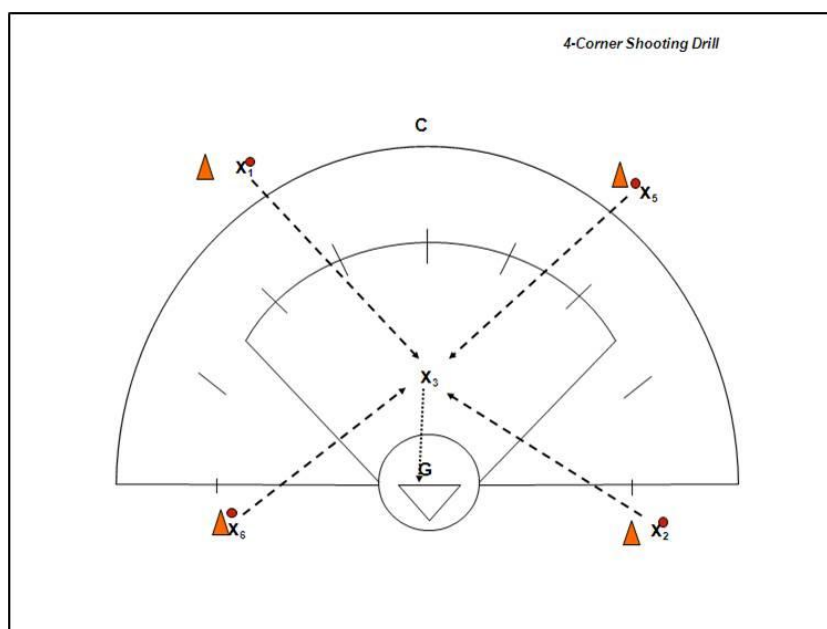
**Field Location:** Attack Zone  
**Skill Level:** Basic

### Objective

This drill is excellent for teaching players to move to the pass when in the middle. It forces players to move into a solid shooting area, and get free to take a shot.

### Drill Description

All players have two balls except the player in the middle. The players take turns feeding the player in the middle, who looks to pop off the crease and catch for a shot on goal. The player on the outside will communicate with the player on the crease by yelling and then feeding them the ball. Each player will feed twice as you rotate the feeders around. The shooter in the middle will get 8 shots total after everyone feeds twice.



*Continued on next page*



## 4-Corner Shooting Drill, Continued

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**Skills Practiced**

- Shooting
- Off Ball Offense
- Feeding
- Strong and Weak Hand Play

---

**Variation**

Vary the locations of shot placement. Have your players shoot all high, all low, all 5 hole. You may also use ground balls to force your players to scoop and finish, or maybe work some behind the back shots.

---





## WOMEN'S BREAK OUT TO FAST BREAK SHOOTING DRILL

### DRILL SPECS:

**Drill Theme:** Transitions  
**Field Location:** Half Field  
**Time Needed:** 15 Min

**Drill Style:** Games  
**Field Position:** Offense, Midfield  
**Skill Level:** Advanced

---

### OBJECTIVE:

This drill is excellent for teaching players ball movement, positioning, and hustle. The objective is to get every player a touch as you clear the ball, and then reverse the play back into the zone for a fast break where everyone touches the ball before a finish.

---

### DRILL DESCRIPTION:

Set up 4 lines behind the cage, 4 attack lines. On the whistle the attack players will move the ball on a clear out and get all 4 attack players a touch, including a feed to a breaking player down field. Be sure to keep the clearing passes away from the middle of the field.

After the final player gains possession of the ball outside of the restraining area, they will immediately turn around and drive in on a fast break. That player will pass to the closest attack player, who looks to feed a skip pass across the field. The receiving attack player will pass "One More" to the final attack player that will finish with a shot on goal.

Have those 4 players return to the lines and the next 4 break out.

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### SKILLS PRACTICED:

- Ball Movement (Catching and Throwing)
  - Transition Defense
  - Transition Offense
  - Fast Break
- 

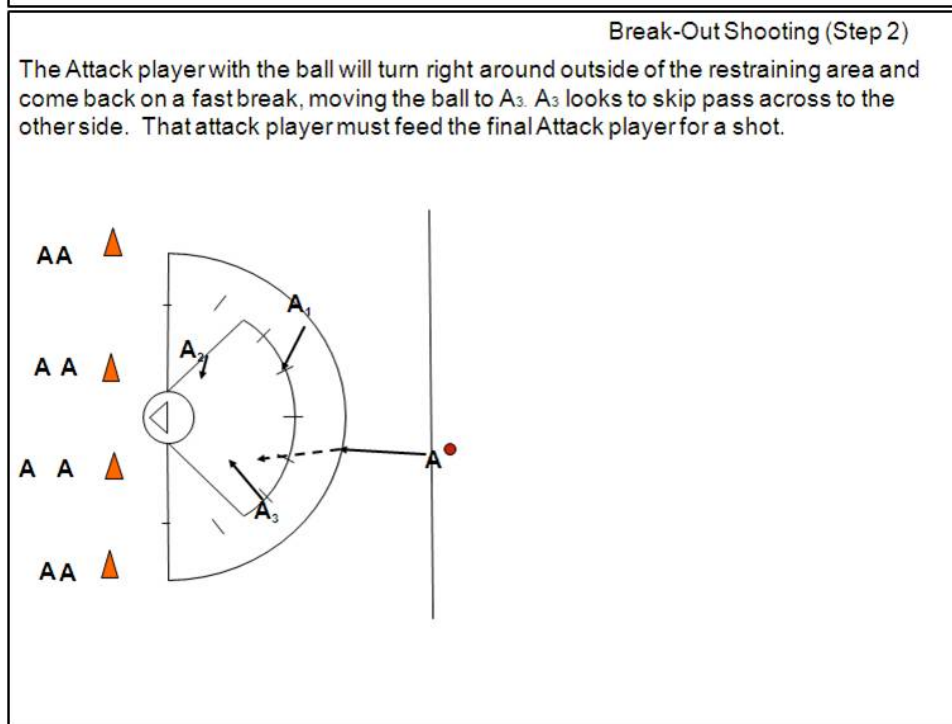
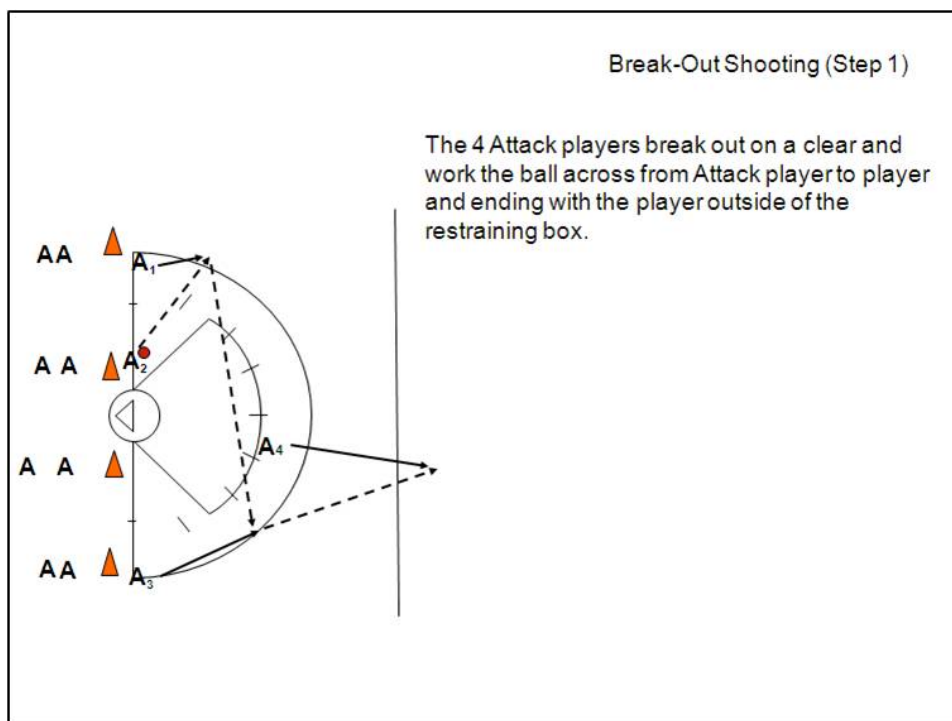
### VARIATIONS:

To vary the drill, be sure to change sides of where the clear and fast break occur. You may also designate the final shooter each time, or even add defense to the drill to make things harder.

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## DRILL DIAGRAM:







## BEST GAME EVER

### DRILL SPECS:

**Drill Theme:** Clear & Defend the Fast Break

**Field Location:** Goal Circle

**Time Needed:** 5-10 Min

**Drill Style:** Game

**Field Position:** All

**Skill Level:** Basic, Can be progressed

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### OBJECTIVE:

This objective of this game is to help teach clearing and defending the fast break in a constraints-based game.

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### DRILL DESCRIPTION:

- 4 players plus a goalie (for each team) start behind GLE
- Each team clears the ball to the restraining line
- Every player has to receive a pass
- First team that reaches the restraining line turns and goes to goal
- Other team drops the ball and immediately plays defense (defend the break)
- Goalie whose team is not on defense, drops out
- Adjust number of players as needed

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### DRILL PROGRESSIONS:

The game can be played with or without sticks. Try using a mini soccer ball or football to focus on movement and positioning without the worry of dropping passes.

Introduce space and time constraints to progress or regress the game and to control the pace of the learning. Keep score and/or play to a desired number to promote competition.

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**DRILL DIAGRAM:**

Restraining Line

