



WOMEN'S CHANGE OF DIRECTION DRILL

DRILL SPECS:

Drill Theme: Cradling and Dodging

Field Location: Attack Zone

Time Needed: 15 Min

Drill Style: Skills, Conditioning

Field Position: Offense

Skill Level: Intermediate

OBJECTIVE:

This drill is excellent for teaching players to dodge, use footwork, and transition movements into a shot. The concept of getting time and space to get a shot off is the main theme of the Change of Direction drill.

DRILL DESCRIPTION:

Set up 4 cones as shown in the diagram. At each cone your players will perform either a dodge, switch, change of direction, and finish with a shot on goal.

The concept of getting time and space to shoot is all about changing direction and moving to get your hands free to shoot at the goal. Have your players work on powering off each move at the cone, and finish with a moving shot at the end.

SKILLS PRACTICED:

- Dodging
- Conditioning
- Footwork
- Shooting

VARIATIONS:

Vary the locations where the cones are set up. You may also add defense at the last cone to simulate how and where you need to create time and space for the shot. Lastly, add targets on net or add a goalie to make your shooter work different locations on the goal.

DRILL DIAGRAM:

