



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.

DRILL DIAGRAM:

