



WOMEN'S DRAW CONTROL GAME DRILL

AUTHOR INFORMATION:

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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

OBJECTIVE:

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

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.

SKILLS PRACTICED:

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

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.

DRILL DIAGRAM:

