



## WOMEN'S ROUND ROBIN DRAW DRILL

### DRILL SPECS:

**Drill Theme:** Draws  
**Field Location:** Midfield Zone  
**Time Needed:** 10 Min

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

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### OBJECTIVE:

Practice draws with 2-3 midfielders. Have the players go against each other time after time to allow them to work different moves and play out to the win.

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### DRILL DESCRIPTION:

Set up a center draw at the midfield circle. Have players cycle in to battle with one another until someone wins each draw and ground ball. This will aid in ground ball work.

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### SKILLS PRACTICED:

- Ground Balls
  - Draws
  - Stick Handling
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### VARIATIONS:

To vary the drill you may add cones or draw circles with paint of where you want the face off players to pull the ball out to on the field. This will get the face off players working on getting the ball out to their wing players.

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**DRILL DIAGRAM:**

