



WOMEN'S SELF DRAW TO A FAST BREAK DRILL

DRILL SPECS:

Drill Theme: Draws
Field Location: Half Field
Time Needed: 10 Min

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

OBJECTIVE:

Practice a self draw move that will have your draw players advance the ball ahead and into the zone on a fast break.

DRILL DESCRIPTION:

Set up a center draw at the midfield circle. The draw midfielder will go against a coach or soft defensive player that will lose the draw and allow the player drawing to win it to herself, legally. Set up your 4 attack players in the zone ready for a fast break. On the whistle the draw player will perform a move and go around the coach or soft defense. The draw player will then gain the ground ball and go down on a fast break.

SKILLS PRACTICED:

- Draws
 - Ground Ball
 - Stick Handling
 - Fast Breaks
-

VARIATIONS:

To vary the drill you can have the players use a variety of moves to win the draw. You may also add trailing players to develop the drill into a slow break or 7 v 7 drill.

DRILL DIAGRAM:

