



## WOMEN'S BRONCO DRILL

### AUTHOR INFORMATION:

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### DRILL SPECS:

**Drill Theme:** Ball Movement

**Drill Style:** Skill

**Field Position:** Offense, Midfield

**Field Location:** Offense

**Time Needed:** 15 Min

**Skill Level:** Basic

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### OBJECTIVE:

To work on decision-making, clearing, and quick shots and passes in a tight area.

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### DRILL DESCRIPTION:

Start by setting up 4 corners on the field. Player 3 is at the top of the restraining line and feeds it to player 1 on a diagonal pass. Player 1 then passes to the attacker to her right, player 2. Once the initial pass is made player 3 cuts into the 12-meter arc, then breaks back out for a pass from player 2. Once player 3 receives the ball again she will run a 2 v 1 with player 4 against player 2. The players involved in the 2 v 1 must move the ball quickly and get quick shots off.

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### SKILLS PRACTICED:

- Ball Movement
  - Clearing
  - Decision Making
  - Quick Passes
  - Quick Shots
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### VARIATIONS:

You can run the drill from the opposite side starting with player 4. In addition, you can make sure the ball is worked around the cage before the play is initiated, increasing communication and stick work.

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**DRILL DIAGRAM:**

