



WOMEN'S KNIGHT DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Ball Movement

Drill Style: Skill

Field Position: Offense, Midfield, Defense

Field Location: Full Field

Time Needed: 15 Min

Skill Level: Basic

OBJECTIVE:

To work on ball movement, ground balls, over the shoulder passes, and outlet passes from the goalie.

DRILL DESCRIPTION:

Start by setting up 2 goals on each side of the field with two goalies in the goal. In addition set up six lines up and down the field. 4 lines on both sides of the restraining lines and two on both sides of the midfield line. The goalie starts the drill by throwing an outlet pass to the first line to their right. This player catches the ball then rolls it out to the mid field line in front of them. The midfield line then passes down the line to the other restraining line. Once the final line gets the ball they move it back to the goalie and the drill starts over again.

SKILLS PRACTICED:

- Ball Movement
 - Groundballs
 - Clearing
 - Communication
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VARIATIONS:

You can require the ball to move in the opposite direction, forcing the player to use their opposite hand. Also, you can require the players to work on only groundballs, only passing, or a mixture of both.

FOR MORE DRILLS, VISIT [USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE](https://www.uslacrosse.org/coaches/drills-archive)

DRILL DIAGRAM:

