

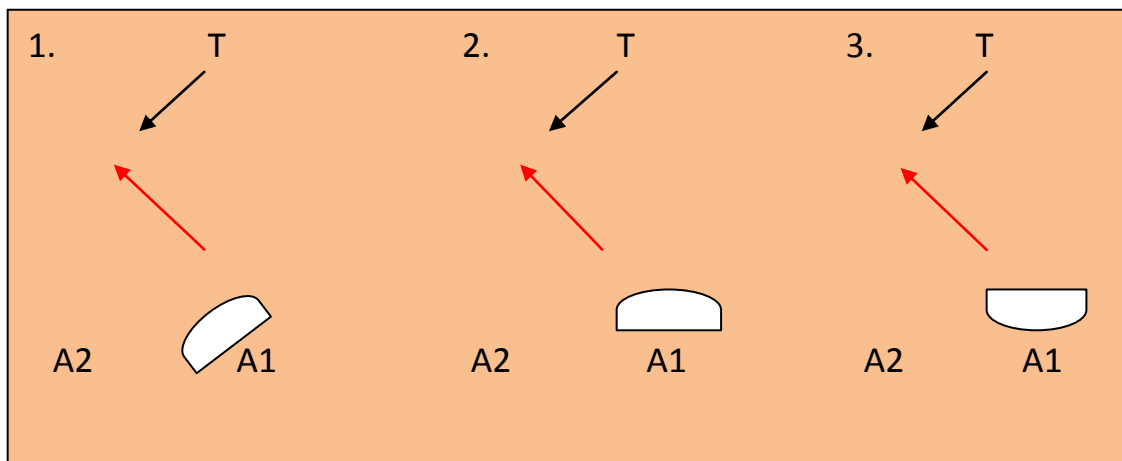
DRILLS FOR THE WEEK

INTERCEPTING - STATIONARY

The defender D is tight marking A1 so that T feels she cannot pass the ball to A1. T is offering the pass to A2 who is stationary and D goes for the intercept between T and A2

1. Start with D facing slightly forward and to the left of her opponent, therefore making the drive easy
2. Start with D facing directly forward, therefore having to turn before driving for the ball
3. Start with D almost face to face, therefore making D think about her feet and the turn before driving for the ball.

Coaching Tips - Timing of the intercept is essential to this drill. Make sure D succeeds with step 1 before moving onto step 2. If D goes too early then T can throw to A1

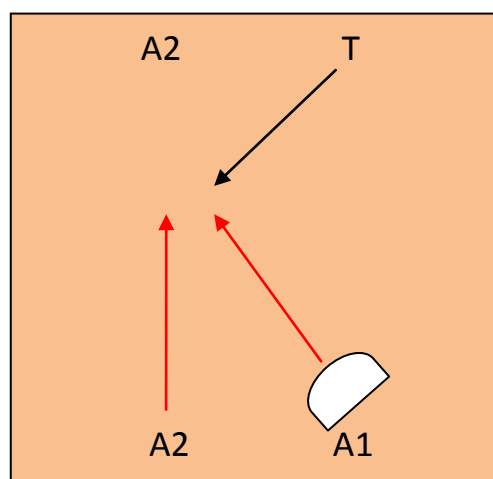


INTERCEPTING - ON THE MOVE

The defender D is tight marking A1 so the T feels she cannot pass the ball to A1. T is offering the pass to A2 who is on the move forward and D goes for the intercept between T and A2.

1. Start with D facing forward and to the left of her opponent, therefore making the drive easy

(EFFECTIVE FOR GK AND GD CIRCLE DRILLS TOO)

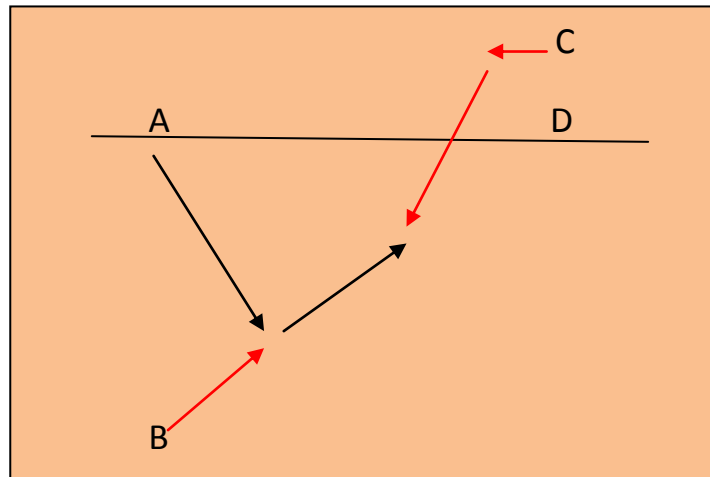


DRILLS FOR THE WEEK

DODGING DRILL & TIMING

A passes the ball to B who runs forward to receive this pass. C who is marked by D dodges out to receive a pass from B. Then A and B swap and C and D swap. Do 2 single dodges and 2 double dodges each and then swap the pairs around.

Coaching Tips – Emphasize the timing of the second receiver.



REBOUND GROUPS

Green player 1 throws to Red player 1 while Red player 1 is running toward the goal ring. Red Player then shoots. Green player 1 follows and defends the shot and catches the rebound. Green player returns the ball to the next player in her line and joins the back of the Red players line. The Red player joins the back of the Green players line. That way they rotate from attack to defence.

