

Midfield Swarm Drill

This drill is excerpted from the women's Level 2 Instructional Clinic curriculum.

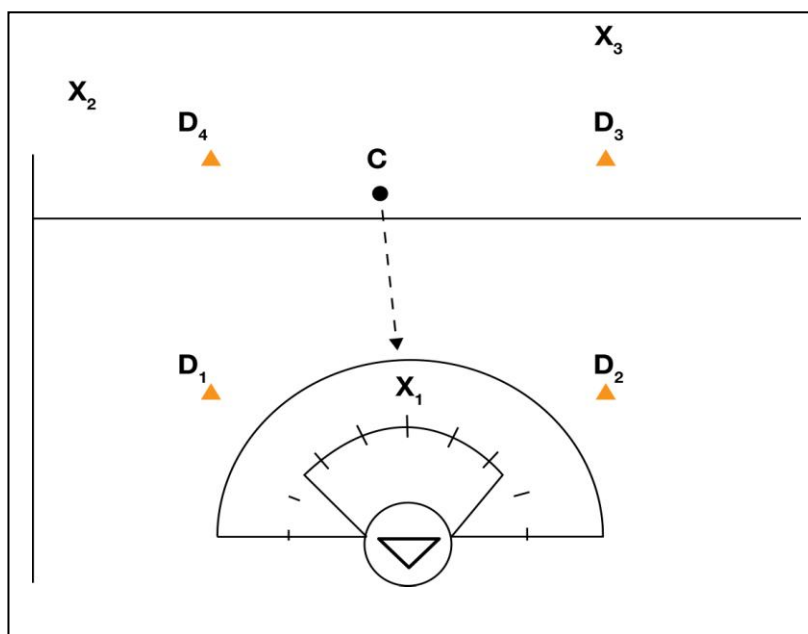
Objective:

To practice taking care of the ball in the midfield when under heavy pressure.

Description of Drill-Execution

Four defenders and three attackers; attacker one (X1) is set up on the 12 meter arc. The four defenders (D1, D2, D3, & D4) set up on the four cones roughly 15 meters apart above the 12 meter arc. Attacker two and three (X2 & X3) are behind the restraining line (in between the restraining and midfield lines). The coach stands in the middle of the defenders and roles the ball to the attacker; simultaneously all four defenders have been released to go after X1 who has the ball. X1 protects her stick and runs around until the coach blows the whistle which releases X1 to throw to one of her outlets, X2 or X3.

Drill diagram:



Skills Practiced

- Stick protection
- Poise/control of ball carrier
- Good defensive positioning with no fouling
- Communication by attackers and defenders

Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...):

To increase the difficulty, add defenders on X2 and X3 to make them work to get open. X1 should not be allowed to cross the restraining, but X2 and X3 can go wherever need be to get open for X1.