

Smash the D

Category: Offensive Shooting, Circle Play

Difficulty: Intermediate, Advanced

Drill of the Week #9

Smash the D (25 minutes)

Goal: To work in the attack red zone to play hard balls hit in from the outside of the circle. Watch your teammate's body and stick to best play a ball coming into the 9 meter critical scoring area.

Skill emphasis: Circle Entry and ARZ options

RIGHT SIDE ATTACK

Player 1 starts drill by passing (PUSH Pass / HIT / SWEEP) to Player 3 (receiving on the run forward)

Player 3 receives in front of them and HITS the ball into the Circle (Hard). Objective is to penetrate the defense

Center Striker (CS) / Right Striker (RS) / Left Striker (LS) : Must position to receive and score on the goalkeeper- 3v1

LEFT SIDE ATTACK

Player 1 starts drill by passing (PUSH Pass / HIT / SWEEP) to Player 2 (receiving on the run forward)

Player 2 receives in front of her and HITS the ball into the Circle (Hard) Object is to penetrate the Defense

CS / RS / LS : Must position to receive and score on the goalie - 3v1

Recommended:

1. Add 3 Defenders to the Circle and ask them to Front Player Mark
2. Attackers get 2 points for scoring
3. Defenders get 2 points for Intercepting , Defending and pushing ball out to sidelines

This drill is from Cassiusus Mendonca, Brampton, Canada. Thanks Coach!

