

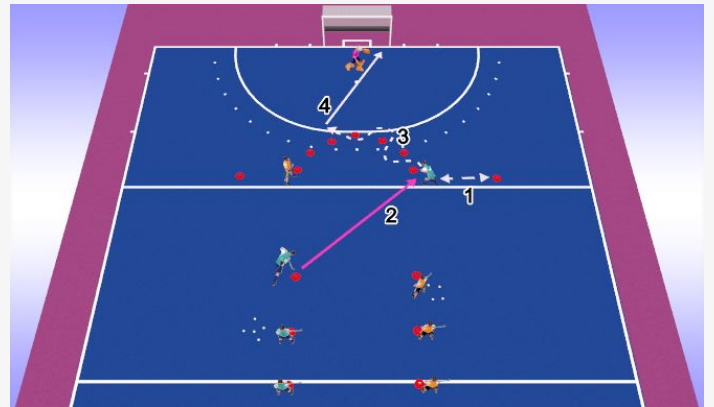


Pink Day Drill

Category: Technical: Goal Scoring
Difficulty: Transition Phase

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Individual-Adult Member

Reverse Shot



Forehand Shot

Objective: Honor Breast Cancer Awareness Month with a drill that mimics the breast cancer pink ribbon while also working on on-the-ball attacking skills, receptions on the move, and adhering to physical-distancing requirements.

Skill Emphasis:

- Push pass
- Receptions on the move
- Leading
- Ball carrying
- Shooting

Set up:

Place an arc of five cones at the top of the circle, approximately one yard apart from each other — if you have a group of beginners, you can make the cones farther apart.

Place two cones about five yards away (laterally) from the bottom of the arc that players will be able to make a quick lead to. Place two cones at the 35-yard line with a pile of balls, place two cones behind each ball pile, six feet apart.

Drill:

1. Player at the bottom of the arc quickly leads to the outside cone, touches it and returns to the bottom of the arc, calling for the ball.
2. Player at the ball pile passes the ball firmly so their teammate can pick it up on the move.
3. The player that receives the ball weaves through the cones.
4. Once the player crosses into the circle, they shoot.
5. Shooter rotates to the back cone, passer becomes the shooter, and players waiting in line move up a cone.
6. Alternate sides.

Recommended:

Encourage your players to go through the cones with speed. If the weave is too simplistic, add additional obstacles.

Add a second ball, fed from a coach on the baseline, for a quick rebound shot after their initial shot.

Set up gates low on the circle for your goalkeepers to direct their clears to.

Talk to your team about breast cancer, how to support their friends and families who are impacted by it, and best practices for finding breast cancer early. Learn more at [cancer.org](https://www.cancer.org).

October is Breast Cancer Awareness Month.

The NFCA Drill of the Week is sponsored by FieldTurf®.

