

# Ladies 19-02-25

## Warmup

1. Stuck on the loo
2. Red Rover with scoring boxes and time constraints

## Drills/Games

1. 1v1 defense upgrading to 1 v 2 – channelling and no commitment – time constraints
2. Triangle passing – square and rollouts – 2 to start then add defender
  1. go up = square pass
  2. go down = rollout pass
  3. time constraints

## Constraint Game – focusing on 16s and high press

1. 3 corners – 6v6v6 (or varying numbers)
2. Scoring in goal OR by passing to other team or by running ball into diagonal area

## 3/4 pitch game

1. 2 touch/3 secs on ball
2. No contact
3. IFIT
4. PIVOT/TRANSFER before scoring