

# Giro Drill

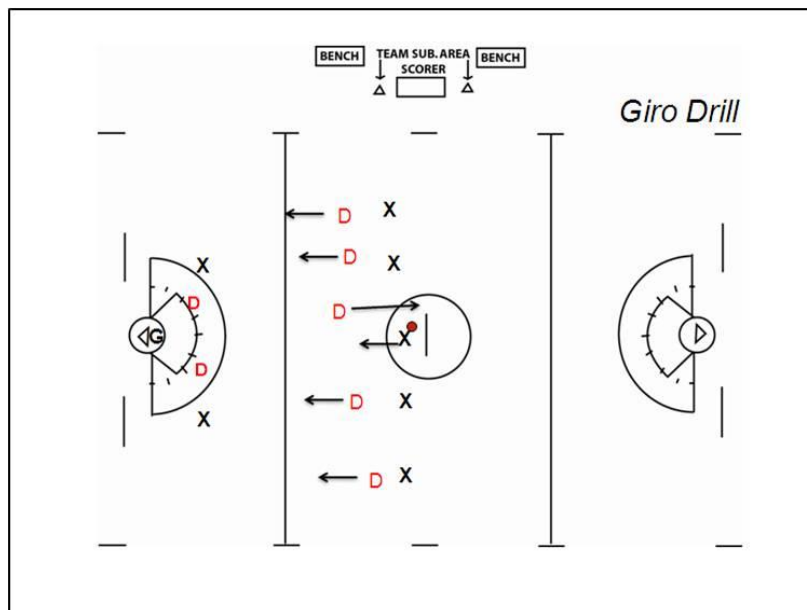
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**Drill Specs**      **Drill Theme:** Number ad-dis, Transition      **Drill Style:** Game      **Field Location:** Half Field  
**Field Position:** Offense, Defense, Midfield      **Time Needed:** 20 Min      **Skill Level:** Intermediate

**Objective** Looking for Fast break (FB) into Slow break (SB). Playing man up and man down.

**Drill Description** Start with 5 v 5 spread across the 50 yard line & 2 v 2 inside the 30 yard line. Have a coach throw the ball to one offensive player at the 50 (once the ball is in her stick the play is live). The defensive player who is marking the girl who received the ball must run past her and touch the 50 yard line before she is allowed to sprint into the play. This then starts the man up/man down play.

The offense should be looking for FB into SB into live motion. Defense needs to stop the ball and get organized until the trailer defender gets in and recovers.



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## Giro Drill, Continued

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**Skills Practiced**

- Throwing/catching
  - Defense
  - Clears
  - Spread offense
  - Communication
  - Fast breaks
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**Variations**

Add players to different spots on the field rather than just across the 50 yard line. Same idea, just have them running the break from different angles.

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