

Crease 2 on 1

Drill Specifications

Drill Theme: Passing, Shooting, Odd Man
Floor Position: Offense

Drill Style: Skills
Time Needed: 10

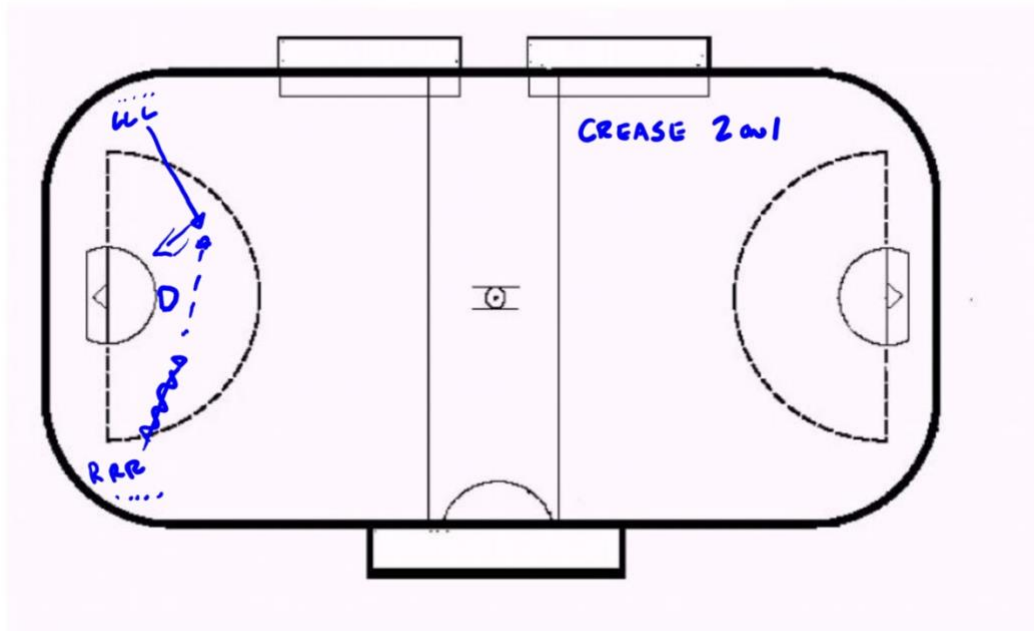
Objective

This drill is excellent for teaching players how to make quick and decisive passes in offensive transition situations and defenders to play against odd man situations.

Drill Description

Set up two lines in the corners, split up left-handed and right-handed players on their respective sides. Balls will be in both lines. Start with a defender centered on top of the crease. Either R1 or L1 will drive towards the net with a ball while the other partner finds a passing lane.

The defender will attempt to stop the initial shot from the ball carrier, force an early pass, or/and knock down the pass to the other offensive player.





Skills Practiced

- Shooting
- Passing
- Odd Man Situations

Variation

N/A

