

Star Shooting

Drill Specifications

Drill Theme: Passing and Shooting
Floor Position: Offense

Drill Style: Skills
Time Needed: 10

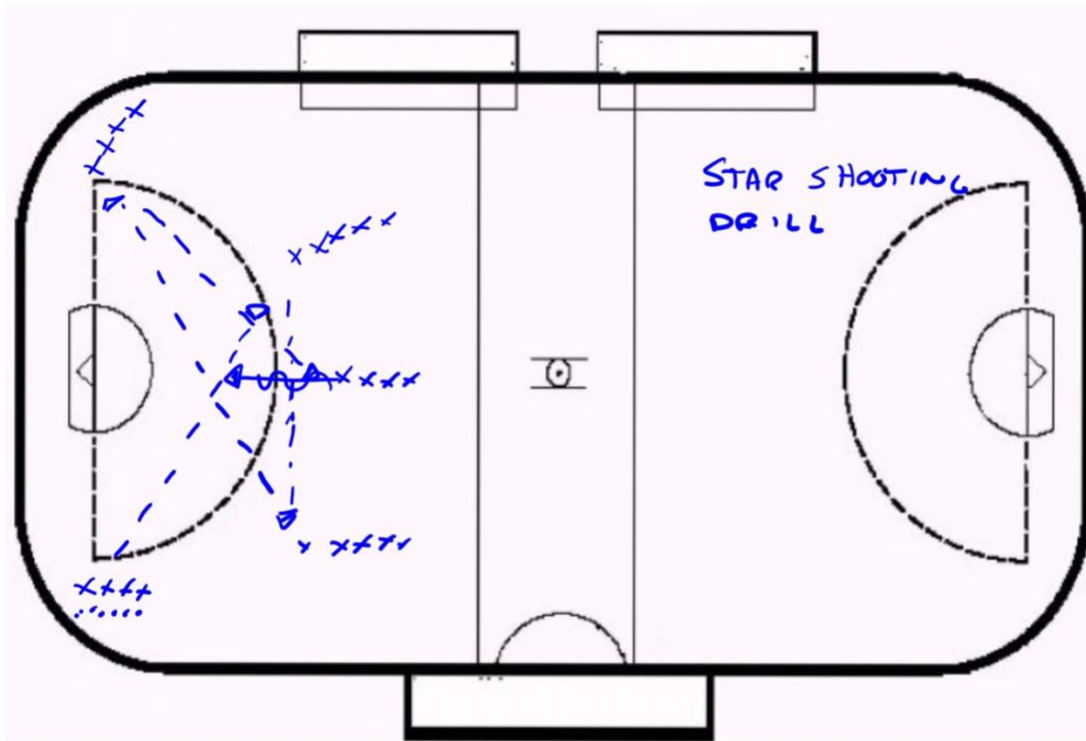
Objective

This drill is excellent for reinforcing passing through traffic and shooting.

Drill Description

Set up five lines in a star position. The balls are all in one line in the corner. X1 will pass to X2, X2 will pass to X3, X3 will pass to X4, X4 will pass to X5, and X5 will complete the pattern by shooting on the net

Players will follow their pass and fill the line that they passed to. After shooting, players will fill the line with the balls.





Skills Practiced

- Passing and Catching
- Shooting

Variation

Add more balls going at once for increased difficulty.

