

## Two In and Out

### Drill Specifications

Drill Theme: Passing, Shooting, Transition  
 Floor Position: Full Floor

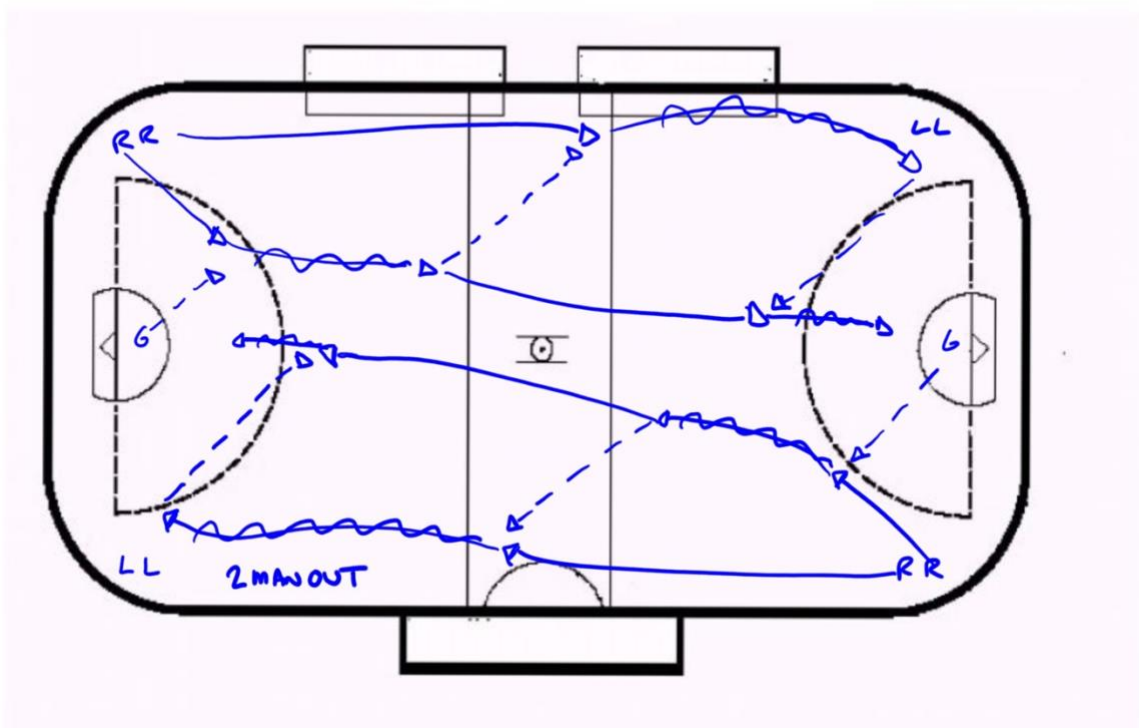
Drill Style: Skills  
 Time Needed: 10

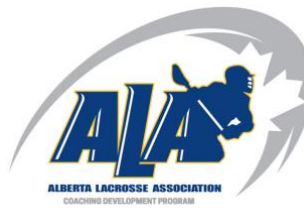
### Objective

This drill is excellent for teaching players how to move the ball up the floor during transition situations.

### Drill Description

Form four lines as shown. The drill starts with R1 breaking up the floor, while R2 cuts near the edge of the 24-foot line to receive a pass from the goalie. R2 will look for a quick pass up the floor to R1. After passing R2 will cut to the middle of the floor towards the net looking for the ball for a shot. Both lines of right-handed players will run the drill followed by the two lines of left-handed players.





**Skills Practiced**

- Passing
- Shooting
- Transition

**Variation**

N/A

