

Two Man Break, Two Shots

Drill Specifications

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

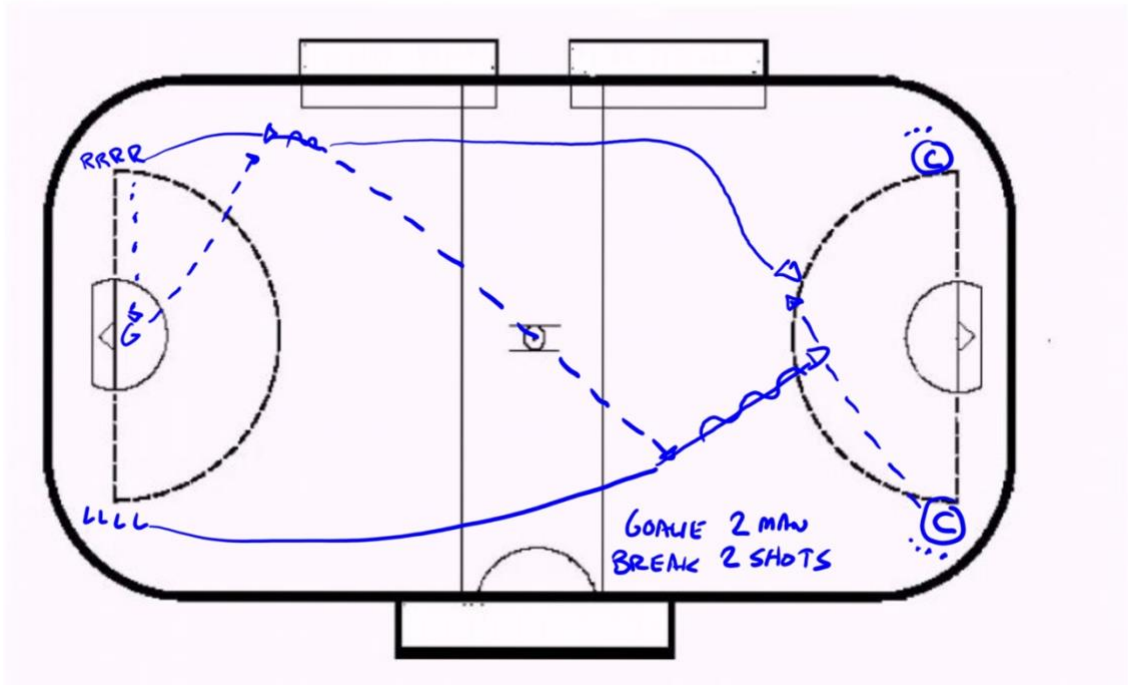
Drill Style: Skills
Time Needed: 10

Objective

This drill is excellent for teaching players coordination while passing and catching while running the length of the floor, as well as simple breakout mechanics.

Drill Description

Set up two lines in the corners of one end, splitting left-handed and right-handed players as shown. In the opposite end have two coaches posted in the corners with balls. The drill commences with a pass from R1 to the goalie, he will then break up the floor looking for the ball back from the goalie. Simultaneously, L1 will streak down the length of the boards, edging towards the middle of the floor to receive the ball from R1 for a shot. After passing, R1 will streak up the floor and cut into the middle looking for a pass from one of the coaches in the corners.





Skills Practiced

- Shooting
- Passing
- Offensive Transition

Variation

N/A

