

Cross Shooting and Crease Shooting

Drill Specifications

Drill Theme: Shooting
Floor Position: Offense

Drill Style: Skills
Time Needed: 10

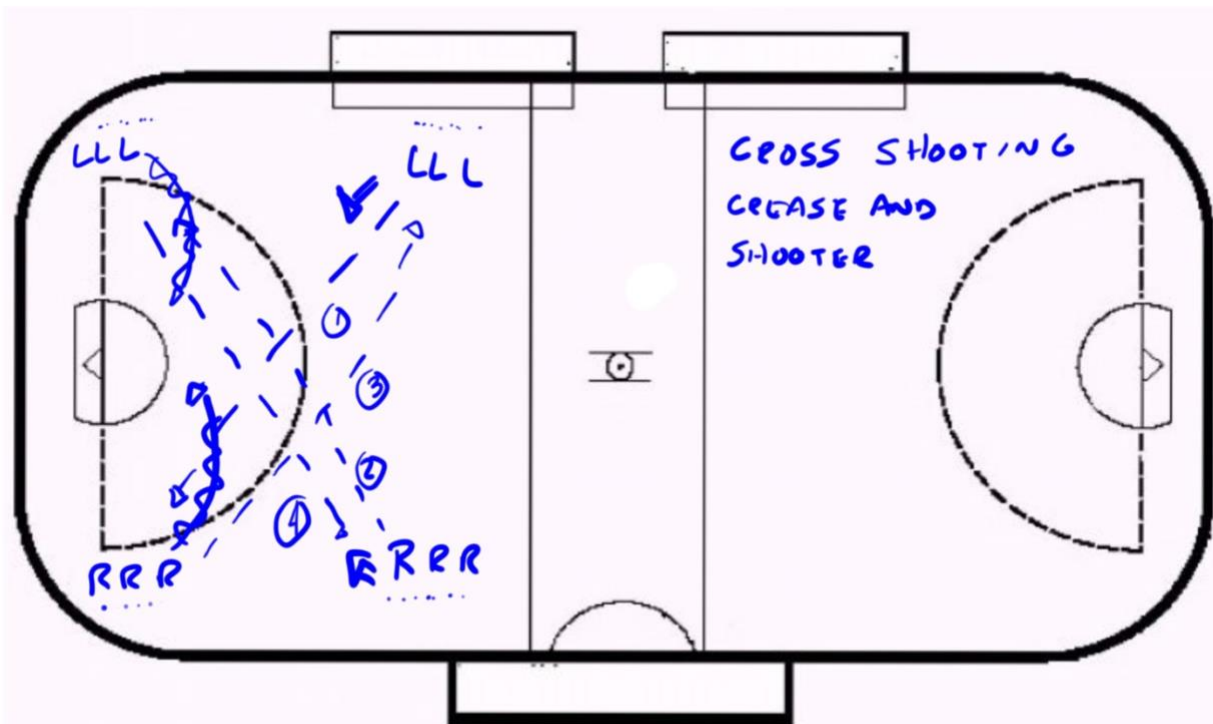
Objective

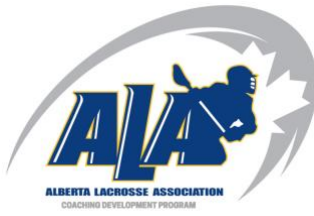
This drill is excellent for teaching players how to pass across the floor, catching, and shooting. The objective is to make quick, accurate passes across the floor, while catching and shooting quickly.

Drill Description

Set up four lines in the corners of the arena, splitting up left-handed players and right-handed players. The balls are in all four lines. The Right Shooter passes diagonal to Left Crease who comes across for shot. Right Crease passes diagonal to Left shooter for outside shot. Left Crease passes diagonal to Left shooter for outside shot. Left Shooter passes to Right Crease who comes across for shot. Let Goalie reset for each pass, so they can follow the pass and react for shooter.

Players will alternate repetitions with one player from one side going, followed by a player in the opposite line.





Skills Practiced

- Passing
- Catching
- Shooting

Variation

N/A

