3-CONE COMBO SHOOTING

DRILL SPECIFICATIONS

DRILL THEME: Shooting
FIELD LOCATION: Half-Field
DRILL STYLE: Skills
SKILL LEVEL: Beginner-Advanced

OBJECTIVE

To work on general dodging, stick control, shooting on the run out of a dodge, and time and run shooting.

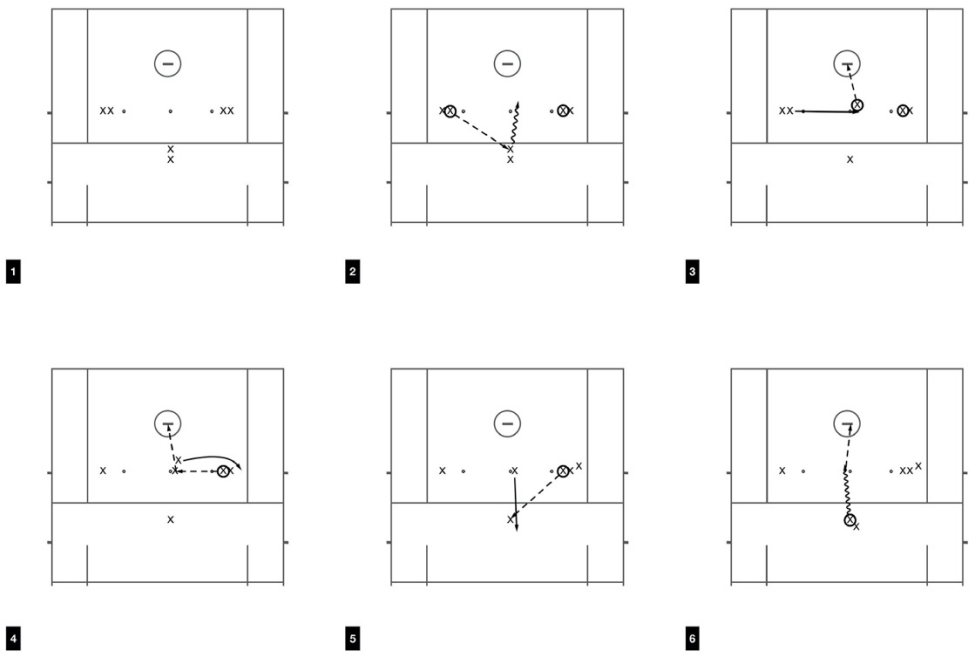
DRILL DESCRIPTION

Set up two cones 5-7 yards off pipes and 8-10 yards above GLE. One cone 5 Yards above restraining line at the point. The right and left side throws to point for a split dodge to shot on the run. After pass move towards the middle to receive a pass from the opposite line for a time and room shot

SKILLS PRACTICED

- Split Dodge
- Time and Room Shooting
- Stick Control
- Shooting on the Run

VARIATIONS/PROGRESSIONS

N/A.

DRILL DIAGRAM