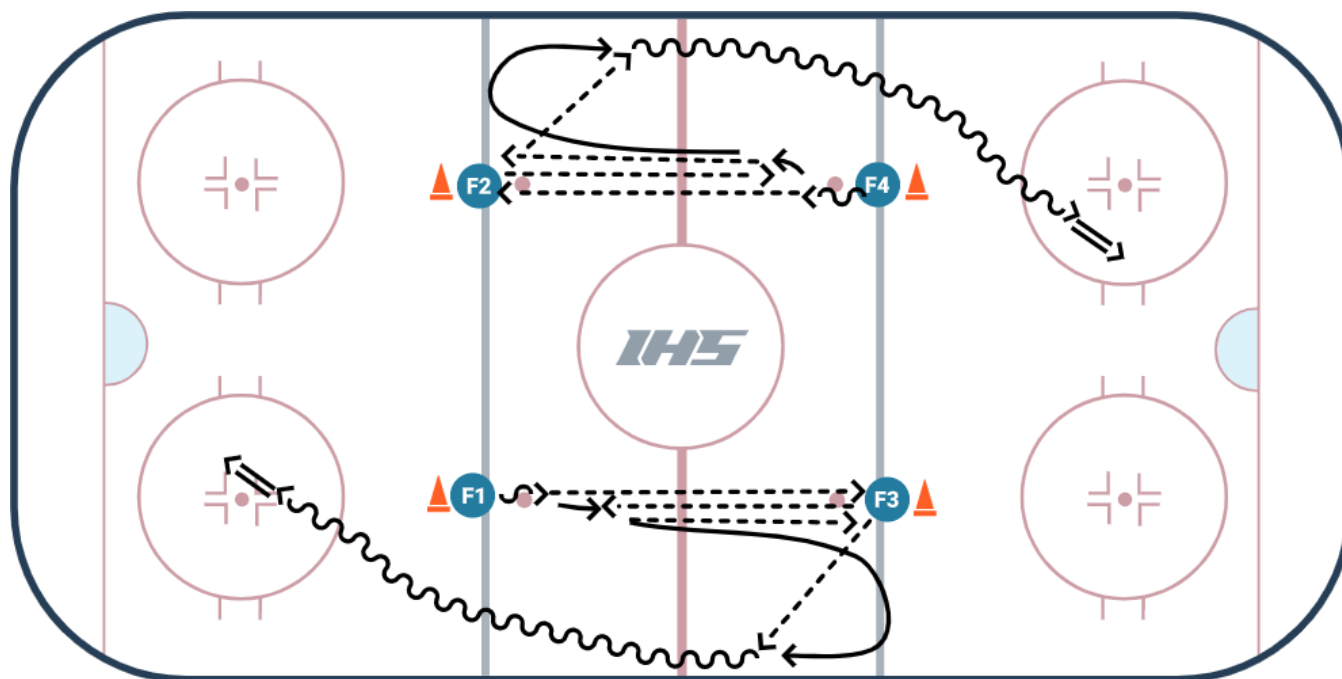


Passing & Shooting U14 -U19



Description

- set up 4 locations behind cones at the blue lines
- opposites go at the same time on the whistle(F1 & F4 / F2 & F3)
- F1 & F4 leave with ball and make a quick pass across to F2 & F3 and continues forward
- F2 & F3 one touch the ball back
- F1 & F4 one touch the ball back again then turns towards the boards at the blue line and head back up floor
- F2 & F3 make a lead pass
- F1 & F4 carry the ball into the zone for a shot on net
- Repeat the drill with F2 & F3 leaving with a ball
- 4-5 reps each
- *****modify to make 2 passes in stead of 4 if the pace is too high for some skill levels*****coaches discretion*****