



**Coaches' Education Program
Level 1 Online Course Reference Section
Drill and Game Supplement**

Crossing Shooting Drill

Objective: Improve accuracy of your shot. Enhance your ability to catch on the move and go to the cage for a quality shot.

This drill can be used as a follow-up to any shooting or catching drill. Players who have difficulty going to the cage to shoot will benefit from this drill as will the feeders needing practice.

Suggested space needed/equipment: You will want to use the area around the 12 meter fan as well as behind the goal cage.

Players needed: Twelve players and a goalie can be involved in this drill, more than that and there will be too many players standing around. High safety alert: any time there is shooting going on the players behind the goal cage should be watching the balls being shot.

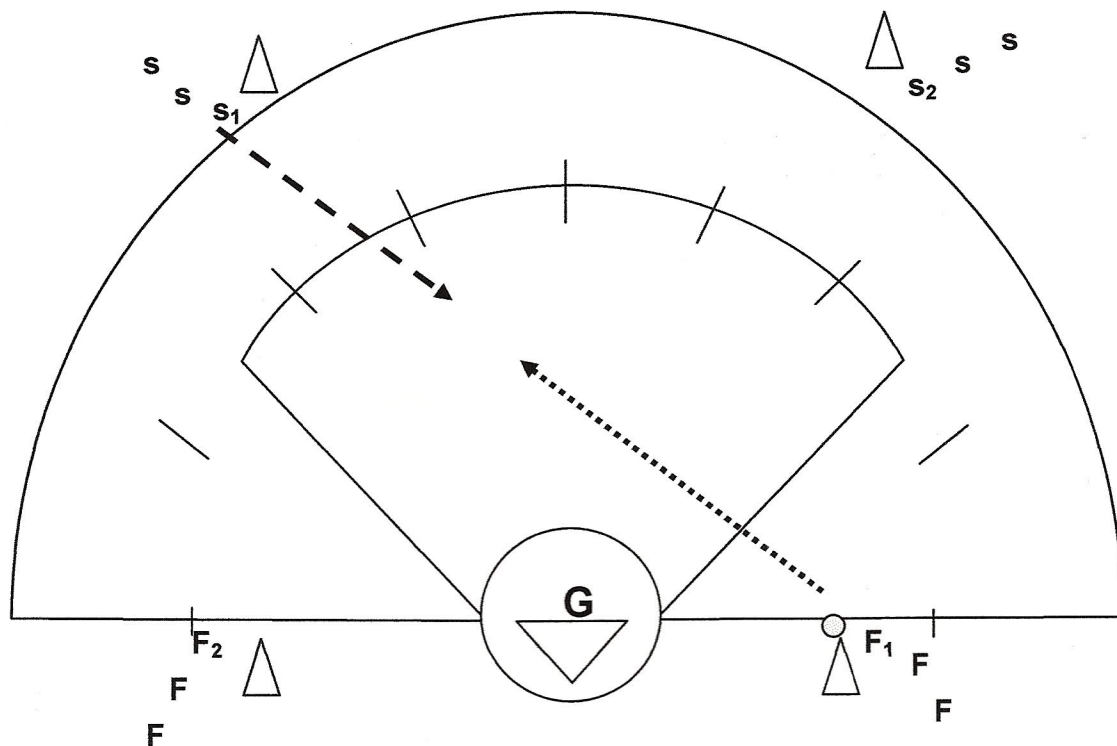
Description of Drill-Execution

Three players are at each cone. Cones are set up like an X. The goalie is in the cage. Feeders from behind the goal line extended pass the ball to the shooter set up at the opposite side of the 12 meter fan. Shooter catches the ball and takes a quality shot. Players rotate to different positions. Shots are taken alternately from shooting lines.

Drill key aspects:

1. shooter needs to ask for the ball and catch the pass on the run
2. shooter should have stick on the correct side of body to catch the pass
3. shooter should lock on the target after they catch pass
4. shooter should get shot off quickly
5. feeder should make a quality pass leading the shooter
6. goalies should follow the feeders pass and set up to stop shots from the shooter

Drill diagram



F1 passes the ball to S1 who is cutting toward the goal cage. S1 shoots and then moves to one of the feeding lines. After feeders make their pass they move to a shooting line.

Skills practiced

1. shot accuracy
2. catching pass on the move
3. using the whole body to shoot
4. creative shot menu
5. feeding

