



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

Shooting Shuttle Drill

Objective: Improve ability to shoot on the move. 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.

Suggested space needed/equipment: You will want to use the area around the 8 meter arc.

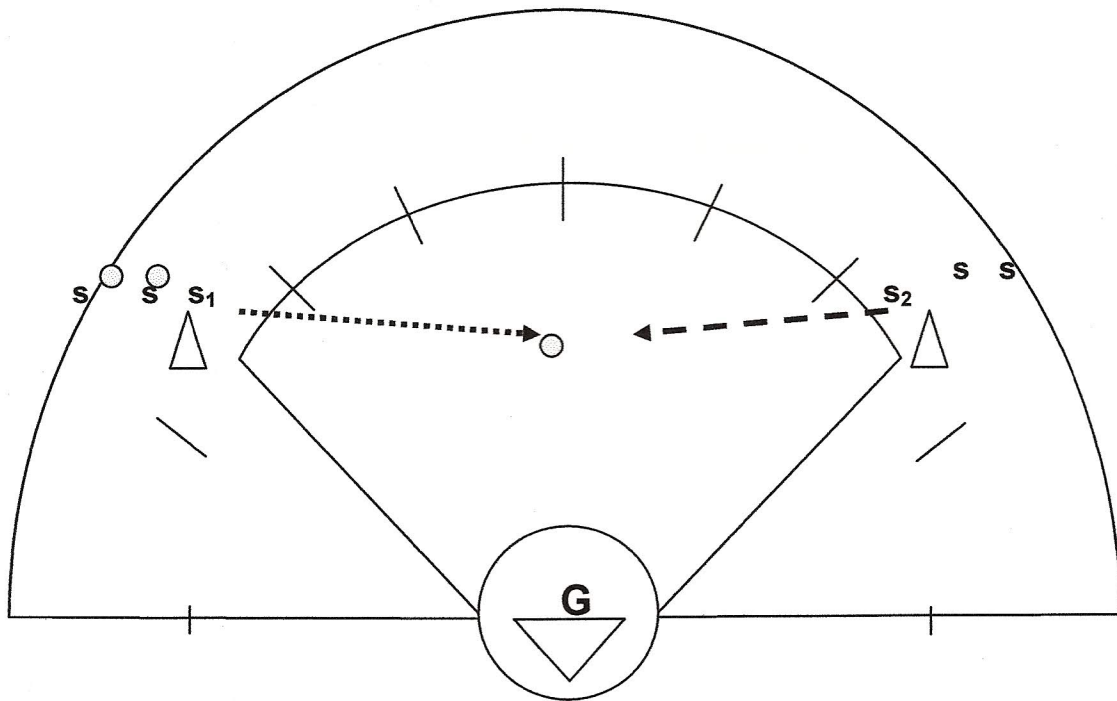
Players needed: Ten players and a goalie can be involved in this drill. High safety alert: any time there is shooting going on the players should be watching the ball at all times.

Description of Drill-Execution This is a simple shuttle with one line having all the balls and being responsible for passing the ball to players in the opposite line. Once a player receives a pass they should take a shot on the cage. Players rotate from passing to shooting lines continuously.

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 and on the move
5. shooters should try to move the goalie after they receive the pass while they are setting up to shoot
6. feeder should make a quality pass leading the shooter
7. goalies should follow the ball and set up to stop shots from the shooter

Drill diagram



S1 passes the ball to S2 who is cutting across the 8 meter arc. S2 shoots and then goes to the end of the passing line. After passers make their pass they move to a shooting line.

Skills practiced

1. shot accuracy
2. catching pass on the move
3. moving the goalie
4. creative shot menu
5. passing

