



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

***Two Goal Shooting***

*Objective:* The objective of this drill is to improve shooting skills and accuracy by forcing players to shoot overhand.

*Suggested space needed/equipment:* 1/2 field, 24 balls and two goals

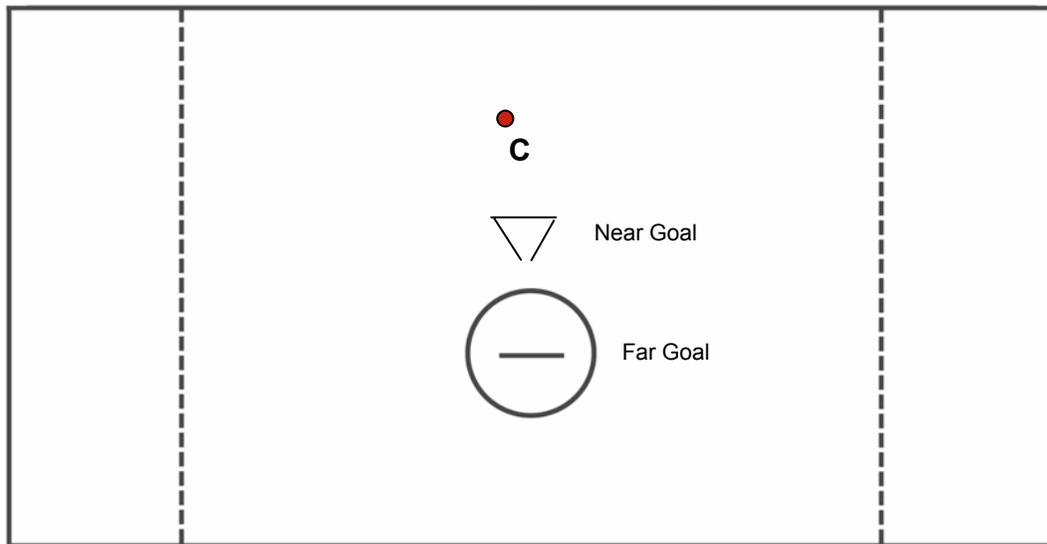
*Players needed:* Entire team will participate (goalies may give this a try)

*Description of Drill-Execution*

Place second goal about seven yards in front of the goal. The coach will demonstrate how to shoot overhand and show the team that you can shoot over one goal and put the ball into the second goal (coach, practice this before hand so you can consistently clear the close goal and put the ball in the far goal). Start with a pile of balls at the coaches' feet and have the players attempt to shoot over the near goal and into far goal. Emphasize that they must shoot overhand to get the ball into the far goal. Once players are able to score, have the players line up in left and right cutting lines at the top of the box. Have two lines of feeders at the GLE with plenty of balls. Run this as a basic feeding and cutting drill so that players can practice catching and shooting on the run with their strong and weak hand. This drill will really emphasize shooting overhand because that is the only way to put the ball in the far goal. Goalies can do this drill to get them shooting overhand. The near goal may have to have the back propped on a helmet and tipped down if you have a young team or a lot of short players.

### *Drill Diagram*

Coach shows how to shoot over near goal to far goal  
Players practice from stationary position in front of cages  
Set up basic feeding and cutting with shots coming from in front of near goal.



### *Skills practiced*

1. Overhand shooting
2. Shooting accuracy

*Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)*

1. Shoot in a stationary position
2. Shoot while on the run
3. Shoot after cutting and receiving a pass
4. Work both strong and weak hand

### *Goalie involvement:*

Goalies can practice shooting. Because of visual interference and odd bounces off near goal, goalies should not defend the far goal.