



## COACHES EDUCATION PROGRAM DRILLS AND GAMES SUPPLEMENT

**Drill Name:** Shooting drill

**Skills Practiced and introduction:**

- Shooting on the move
- Quick passing and catching on the move

**Suggested Equipment:** Stick, balls, gloves

**Space needed:** the offensive box

**Players needed:** at least 4

**Set – up and execution:** (see diagram)

- Have players line up in two even lines at each corner of the box facing the goal.
- One player (or coach) should be even with the goal line extended on one side of the goal.
- Players in line 1 start with the ball.
- The first person in line 1 passes to the first person in line 2.
- Once the first player in line 2 receives the ball he passes to the feeder and replaces the feeder.
- The feeder then passes the ball back to player one who is cutting towards goal. The feeder then goes to line 1.
- The first person in line 1 who originally passed the ball receives the ball from the feeder and shoots. This person goes to the end of line 2.

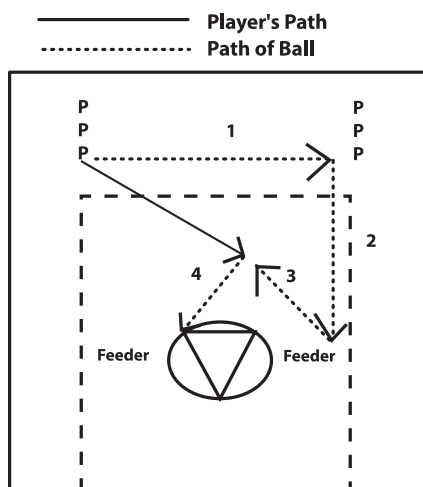


Figure 4 Shooting Drill

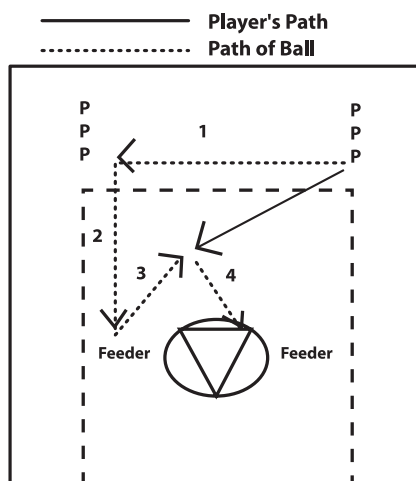


Figure 5 Shooting Drill





**Coaching tips:**

- Have players move at a pace that ensures time to pass and catch effectively. Players may walk at first if necessary.
- A coach can serve as the feeder if young players haven't mastered catching and throwing.
- Players should be giving hard quick passes to their teammates as if to simulate a game.

**Variations/Progression:**

As you players improve their skills incorporate the following:

- Have players aim for one corner or place in the net, if they don't hit it they have to do 5 push-ups.

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