

Wing It

Objective: To practice finding open players while playing at game-speed.

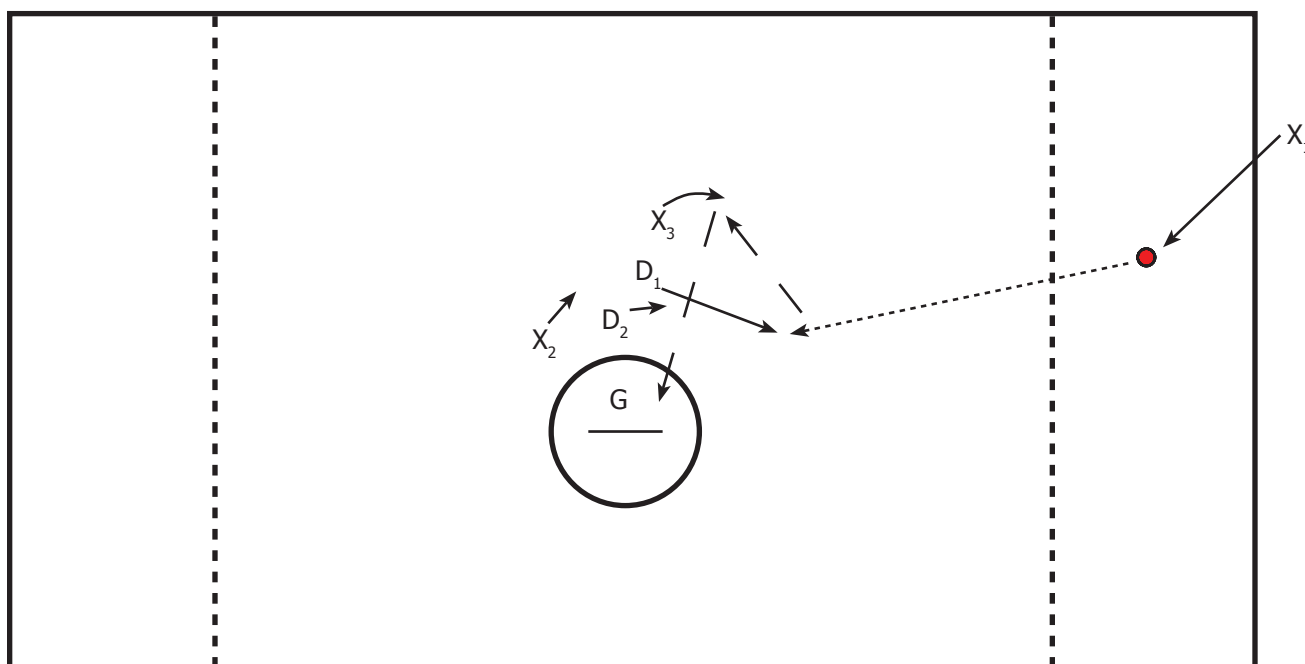
Suggested space needed/equipment:

- Balls
- Goals

Players needed: All team players can participate in this drill, but there should be no more than 12-15 in each group.

Description of Drill-Execution: Start with two offensive players, two defensive players, and a goalie in and around the crease. Start a line of offensive players on one wing at the sideline. On a coach's whistle, the feeder picks up a ground ball and attacks the cage. He tries to draw a defender and dump the ball to an open teammate for a shot, and the players play out a 3-on-2 on the cage.

Drill diagram:



Skills practiced:

- Reading defenders/finding open teammates
- Feeding at full-speed

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

This drill can – and should – be practiced from both sides of the field so that feeders and shooters are forced to use both hands. To challenge the offensive players, give them a time limit in which to get off a shot or send a trailing defender so that it becomes a 3-on-3 if they do not get a quick shot.

Goalie involvement: Full

Related drills:

- Arc Feeding
- Elbow Jumpers
- Pick N' Roll Shooting
- Survival Drill
- Triangle Shooting