

Draw and Dump Shooting (Midfield)

Objective: To give midfielders lots of repetitions at game-like shots and passes.

Suggested space needed/equipment:

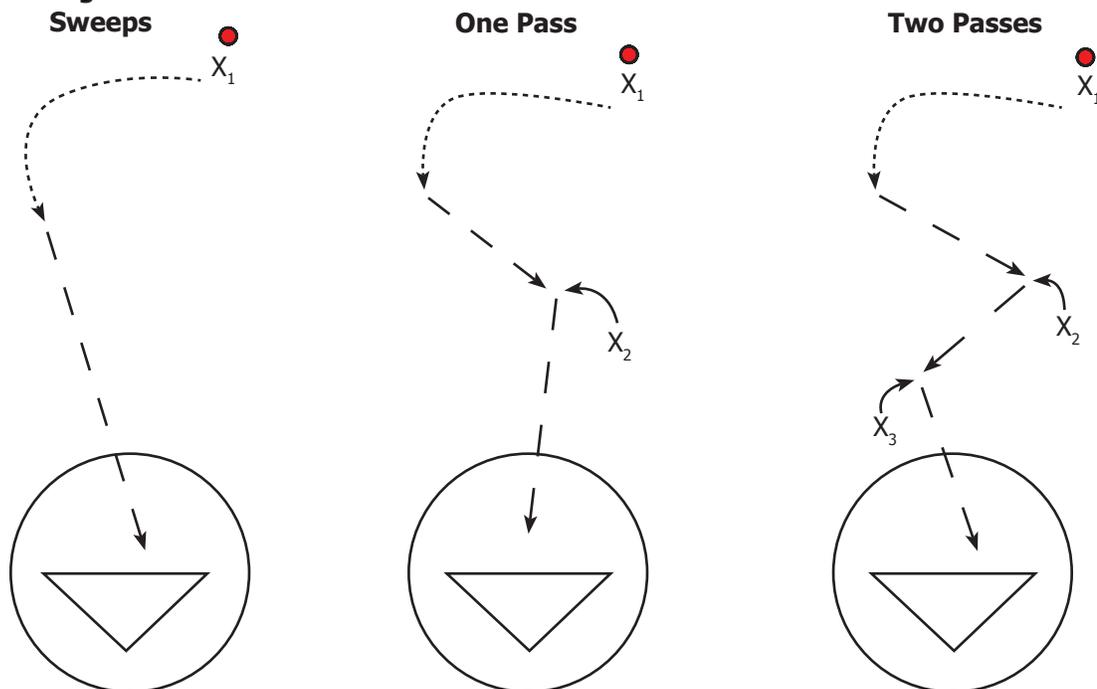
- Cones
- Balls

Players needed: All players can participate simultaneously, but there should be no more than 7-9 players in a line at a time.

Description of Drill-Execution: Set one cone on each side of the goal about five yards wide and three yards above the Goal Line Extended, and start one line of players in the middle of the field at the restraining line. Starting with a groundball, players should perform the following situations (reverse for those driving left-handed):

- 1) Sweeps: midfielder scoops the ball, drives hard across the goal to his right hand, shoots on the run right-handed from 8-10 yards out.
- 2) One pass: start a second player at the cone to the right of the goal. The first player scoops the ball and drives hard to his right hand across the goal to his right hand. The second player curls up and towards the ball, receives a pass from the first player, and shoots the ball right-handed from 5-7 yards out.
- 3) Two passes: start a third player at the cone to the right of the goal. The first player scoops the ball and drives hard to his right hand across the goal to his right hand. The second player curls up and towards the ball, receives a pass from the first player. The third player slides curls to the ball, receives a pass from the second player, and shoots left-handed from 3-5 yards out.

Drill diagram:



Skills practiced:

- Shooting and feeding on the run
- Passing to the open man (as in a 2-on-1 or 3-on-2)

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

This drill can – and should – be practiced using both hands. To increase the difficulty, place a trash can (or “Rejector”) in the goal and challenge players to shoot around the “goalie.”

Goalie involvement: None

Related drills:

- Arc Feeding
- Wing It
- Elbow Jumpers
- Pick N’ Roll Shooting
- Survival Drill
- Shooting Progressions (Attack)
- Crisscross Shooting
- Triangle Shooting