

## Shooting Progression (Attack)

**Objective:** To give attackmen lots of repetitions at common game-like shots.

**Suggested space needed/equipment:**

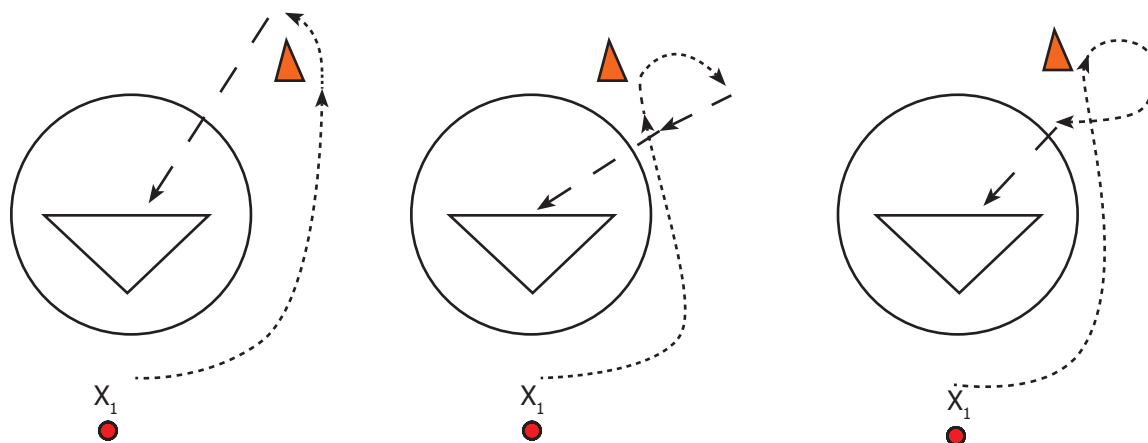
- Cones
- Balls

**Players needed:** All attack players can participate simultaneously, but there should not be more than 3-4 players in each line.

**Description of Drill-Execution:** Place one cone on each side of the goal about five yards wide and about five yards above the Goal Line Extended, and start two lines of attackmen behind the goal at X. Alternating sides, attackmen will drive hard to the cone, and then take the following three different shots (reverse for those driving to the left side):

- 1) Top-side: drive above the cone, turn the corner to face the goal, and shoot right-handed.
- 2) Question mark: drive to cone, turn back and step away from cone (towards sideline), switch hands, and shoot left-handed.
- 3) Inside roll: drive hard to cone, plant and pivot towards goal, open to cage and shoot right-handed.

**Drill diagram:**



**Skills practiced:**

- Driving hard
- Inside dodging
- Inside shooting

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

This drill can – and should – be practiced using both hands. To make it more difficult, place a trash can in the goal (or a “Rejector”) 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
- Draw and Dump Shooting (Midfield)
- Crisscross Shooting
- Triangle Shooting