

Star Drill

Objective: To improve stickwork, ballhandling, passing, catching, and scooping in a fast-paced, high-repetition manner.

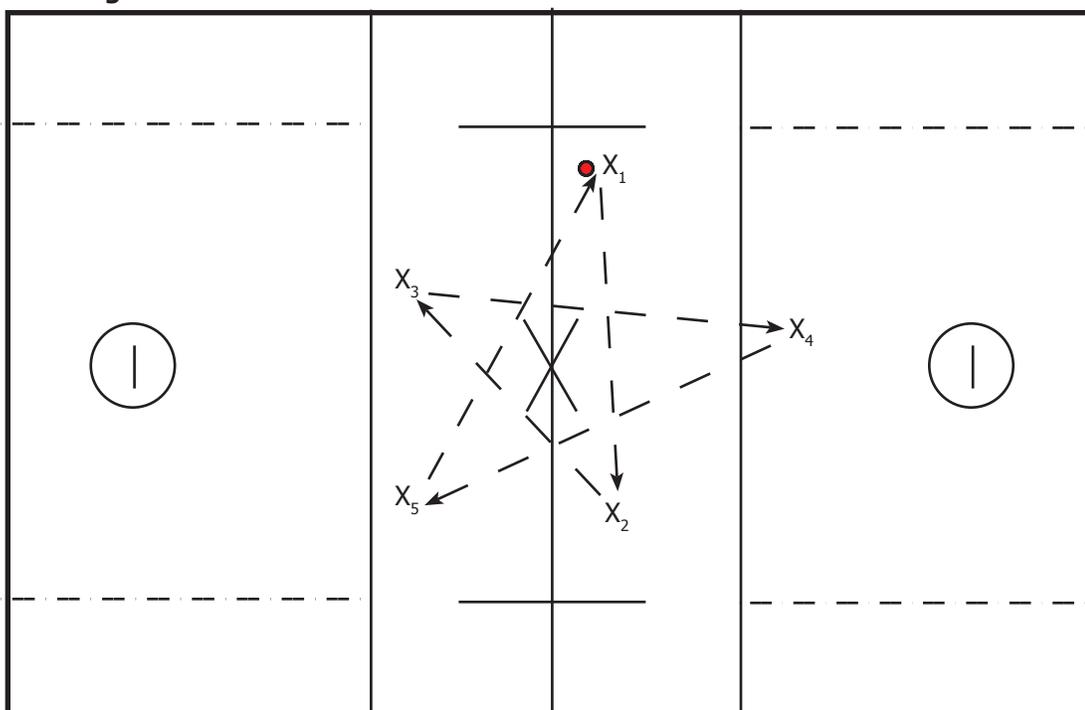
Suggested space needed/equipment:

- Balls
- Cones

Players needed: All team players can participate in this drill simultaneously, but it works best if there are no more than three players in each line at a time.

Description of Drill-Execution: Lay out five cones approximately 15-20 yards apart in the shape of a 5-pointed star, and put a line of players behind each cone. On a coach's whistle, one player picks up a ball and runs towards the second line on his left (i.e., not immediately to his left, but the next one after that). He then throws the ball to the first player in that line and "follows his pass" to the end of that line. This second player, who received the pass, then turns towards the second line on his left and throws the ball to the first player in that line. As this pattern continues, the flight of the ball creates the shape of a star. Players who are in line are responsible for backing up their teammates by tracking down any errant passes.

Drill diagram:



Skills practiced:

- Throwing
- Catching
- Cradling
- Moving towards the ball to receive it
- Communication

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

This drill can – and should – be practiced with both hands (when throwing and catching with the left hand, players should turn towards the second line on their right). This drill can be practiced with groundballs instead of passes, or in a "catch it, roll it; scoop it, throw it" manner. To increase the difficulty, add a second ball.

Goalie involvement: None

Related drills:

Four-corner Passing
3-Man, 2-Ball
Meatloaf Drill

Watermelon Drill
Give N' Go