



Cut, Catch, Shoot

Appropriate Age Group: 8-15

Skill(s) Practiced: Passing, Catching, Cutting, Shooting

Drill Duration: 5 minutes

Resources: Multiple balls, cones, goal

Description: Set up 5 cones as shown and have 1-2 players in a line at each cone. Add one player in the middle of the field. The player in the middle will cut towards line A to receive a pass. Once the center player receives the pass they will turn and shoot at the goal. The center player will continue cutting towards lines B, C, and D, to receive passes and finish with a shot on goal. Once all four shots have been taken, a new player comes in from Line D and the previous shooter goes to line A. Perimeter players rotate to the next line after completing their pass.

Progression(s): Alternate top hands on the stick. Alternate player roles. Have players face away from the ball, so they have to turn and locate it before trying to gain possession. Add a shadow or live defender.

Drill Diagram:

