



Feed the Crease

Appropriate Age Group: 13-18

Skill(s) Practiced: Defensive Positioning, Picking Game, Defending Picks

Drill Duration: 5-10 minutes

Resources: Balls, Cones

Description: Perimeter **O** players move the ball around the outside, looking to feed one of the crease **O** players. Perimeter players are not permitted to shoot.

Progression(s): Alternate which side of the goal is being attacked. Vary the location of where the passes are delivered to start the drill. Add additional defensive players and allow them to rotate to make sure they are playing the ball and the crease.

Drill Diagram(s):

