

## Crisscross Shooting

**Objective:** To give offensive players lots of repetitions at cutting and shooting on or around the crease.

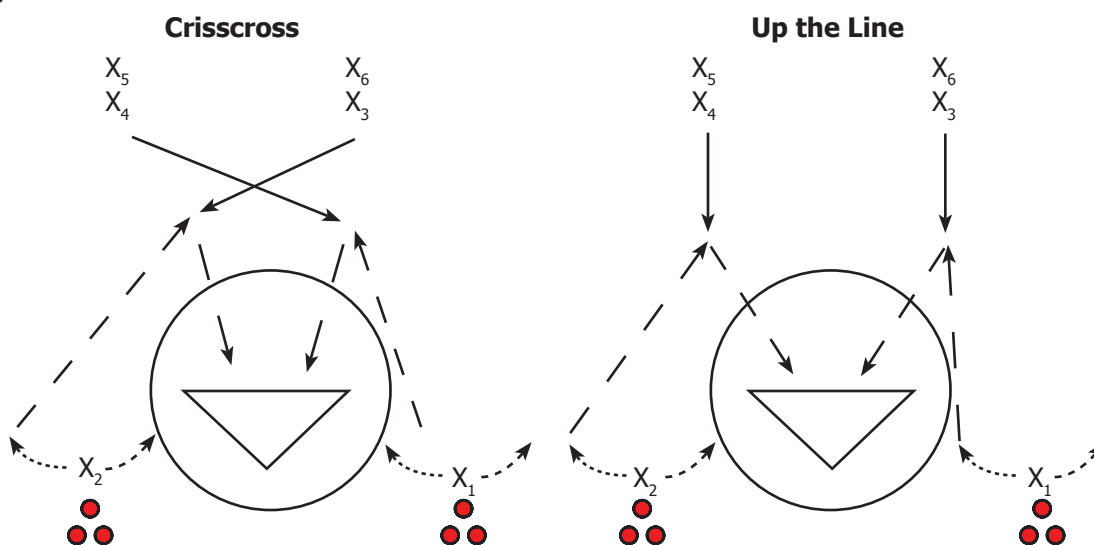
**Suggested space needed/equipment:**

- Half-field
- Balls

**Players needed:** No more than 8-12 players should participate in this drill at one time.

**Description of Drill-Execution:** Set two lines of feeders about five yards wide of the goal and just below the Goal Line Extended, each with a pile of balls. Start two lines of shooters about 7-10 yards above the goal, even with the outside of the crease. On a coach's whistle, the first player in the top-left line cuts towards the bottom-right feeder, receives a pass, and takes a left-handed shot on the goal. After he passes through, the first player in the top-right-line cuts towards the bottom-left feeder, receives a pass, and takes a right-handed shot on the goal. Players cycle through the lines after each repetition.

**Drill diagram:**



**Skills practiced:**

- Offensive spacing off-ball
- Timing of cuts
- Shooting inside

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

This drill can be modified to go up-the-line (i.e., feeders pass to the line on their side of the goal, not across the crease). To make the feeders' role more game-like, challenge them to move back and forth to simulate freeing their hands from defenders. To increase the difficulty for the shooters, place a trash can or "Rejector" in the goal, and challenge them 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)
- Draw and Dump Shooting (Midfield)
- Triangle Shooting