PHONE BOOTH SHOOTING

DRILL SPECS:

- **Drill Theme:** Shooting
- **Field Location:** Top of the Crease/Goal Circle
- **Time Needed:** 5-10 Min
- **Drill Style:** Game
- **Field Position:** All
- **Skill Level:** Intermediate/Advanced

OBJECTIVE:

This objective of this game is to help players to be able to catch and shoot quickly and accurately in tight spaces and under duress.

DRILL DESCRIPTION:

- Have one player stand within a series of four cones
- Have one, two or more players in feeding positions around the player in the "phone booth” to provide feeds.
- Players in the “phone booth” will move from side to side, catching passes from the feeders and quickly shooting each ball into the goal.

DRILL PROGRESSIONS:

Increase the distance of the feeds
Increase the distance of the goal
Have the shooter change hands on every repetition
Change the angle of the feeds (from side to top/bottom, etc.)

Introduce time constraints to progress the game and to control the pace of the activity. Keep score and/or play to a desired number of repetitions to promote competition.