MEN’S CROSS CREASE SHOOTING DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Shooting
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Skill, Warm-Up
Field Position: Offense
Skill Level: Basic

OBJECTIVE:

To improve individual shooting technique and accuracy.

DRILL DESCRIPTION:

Two lines of players stationed 6-8 yards above the goal line facing each other. The first player in Line 1 passes to the first player in Line 2. The player receiving the pass steps into the center of the field and shoots as hard as possible at the goal. The next player in Line 2 then passes a ball to the original player in Line 1, who then steps into the middle of the field and takes a shot. Cycles continue until all the balls are gone. Players travel to the line they passed the ball to after having taken a shot. Players should be shooting with their “outside” hand.

SKILLS PRACTICED:

- Shooting
- Strong and Weak Hand Play

VARIATIONS:

Add a shadow defender as players master techniques. Allow all player positions to shoot.
DRILL DIAGRAM: