MEN’S DRIVE FROM CENTER AND SHOOT DRILL

DRILL SPECS:

Drill Theme: Shooting  
Field Location: Attack Zone  
Time Needed: 10 Min  
Drill Style: Skill  
Field Position: Offense, Midfield  
Skill Level: Basic

OBJECTIVE:
To practice shooting accurately while on the run.

DRILL DESCRIPTION:
One line of players faces the goal at the top center of the attack box. Each player in turn runs left or right and shoots the ball with his stick to the outside. Give each player a ball to keep the drill moving quickly.

SKILLS PRACTICED:
• Going Hard to Goal  
• Shooting on the Move  
• Cradling and Dodging  
• Shooting Accuracy

VARIATIONS:
Have players execute a bull or split dodge while shooting the ball on the ground toward the far corners. Instruct players to shoot while running. Do not let them slow down to wind up.
DRILL DIAGRAM: