MEN’S HOPKINS UP AND OVER DRILL

DRILL SPECS:

Drill Theme: Shooting  
Field Location: Half Field  
Time Needed: 10 Min

Drill Style: Skill  
Field Position: Offense  
Skill Level: Advanced

OBJECTIVE:

This drill is excellent for teaching players ball movement, positioning, and shooting. The objective is to get the ball from a low wing area, up and across the field for a dodge to a shot on goal.

DRILL DESCRIPTION:

Set up (3) lines with a cone in front of each. One line will be 3 yards behind goal line extended; one line will be directly in line at the top of the attack zone, and the other at the top of the attack zone on the other side.

The balls will be at the bottom line, and that player will dodge inside and then bounce back out before they feed to top line.

The top line will catch and move the ball right away to the opposite field line. The 3rd line will catch the feed, drive and dodge off a cone for a shot.

Players will rotate in a clockwise rotation.

SKILLS PRACTICED:

• Ball Movement  
• Feeding  
• Shooting

VARIATIONS:

To vary the drill, be sure to change sides. You may also designate the final shooter each time, or even add defense to the drill to make things harder. Add your goalies into the cage to take the rapid fire shots.

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE
**DRILL DIAGRAM:**

*Hopkins – Up and Over's*

- X1 dodges off a cone at GLE and feeds up to X2
- X2 moves the ball “one more” to X3
- X3 catches and dodges off a cone, top side for a running shot.
- All players rotate to where they throw – for this rapid fire drill

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For more drills, visit USLacrosse.org/coaches/drills-archive