MEN’S OVER THE TOP 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, Midfield
Skill Level: Basic

OBJECTIVE:
To improve individual shooting technique and accuracy.

DRILL DESCRIPTION:
Two lines of players are stationed at the top of the restraining box. Each line has plenty of balls for each player to get 5-10 shots. The players will make a “dummy” dodge towards the goal and then take an overhand shot at the back goal. Players should be shooting over the first goal, from about 2 yards away, into the back goal. As player technique improves, shots should get lower and lower into the back goal.

SKILLS PRACTICED:
• Shooting
• Dodging
• Strong and Weak Hand Play

VARIATIONS:
Vary the type of dodges required of the shooter. Have shooters switch to their inside or outside hands. Allow all player positions to shoot.

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DRILL DIAGRAM: