MEN’S SCATTER DRILL

DRILL SPECS:

Drill Theme: Even Strength
Field Location: Attack Zone
Time Needed: 10 Min

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

OBJECTIVE:

This drill should be practiced at full speed. Holding back on one’s motion for accuracy will only hinder their shot in a game situation.

DRILL DESCRIPTION:

Scatter 8 to 12 balls within the box area. 1 player goes at a time. The shooter practices scooping up the balls and shooting in one continuous motion at full speed. This drill also teaches the importance of planting the foot and pointing the toe at the goal at the release of the shot.

SKILLS PRACTICED:

• Shooting at full speed
• Ground balls
• Shot strength and accuracy

VARIATIONS:

Position players in front of the scattered balls to act as dummy defense.