MEN’S SIX LINE SHOOTING DRILL

DRILL SPECS:

**Drill Theme:** Shooting  
**Field Location:** Half Field  
**Time Needed:** 15 Min

**Drill Style:** Warm Up, Skills  
**Field Position:** Offense  
**Skill Level:** Intermediate

OBJECTIVE:
Get lots of players involved in shooting drills, make the movements game like, work a rotation from the x position.

DRILL DESCRIPTION:
This is a six line shooting drill designed to stress proper cutting, passing and shooting on the midfield, as well as finishing on attack. Excellent pregame drill.

Keys:
- Two balls are started at the same time as midfield (M1 and M2) with passes to the attack. **First pass should not be from a stationary position!**
- Both attack (A1 and A2) move to meet the ball then roll behind the cage.
- As A1 and A2 switches sides, M1 and M2 do the same.
- A1 and A2 must realistically attack the cage prior to feeding cutting midfielders.
- After feeding M1 and M2, A1 and A2 cut toward net, receiving a pass from opposite side.

SKILLS PRACTICED:
- Shooting  
- Off Ball Offense  
- Feeding  
- Strong and Weak Hand Play

VARIATIONS:
Add defensive players at points to make feeds or cuts more game like.
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