WOMEN’S 5 POINT SHOOTING DRILL

DRILL SPECS:

| Drill Theme: Number Advantages | Drill Style: Skills, Games |
| Field Location: Attack Zone | Field Position: Offense, Defense |
| Time Needed: 15 Min | Skill Level: Intermediate |

OBJECTIVE:

To utilize all players on the field by passing the ball quickly and having the final pass end with a drive to goal on a 3 v 2.

DRILL DESCRIPTION:

Main idea of the drill is to set up with 3 lines on top of the 8 and 2 behind the cage. Move the ball as fast as you can so that all lines touch the ball, with the final line going to goal. Drill forces 5 good passes and a solid shot! The passes from the first two players will have those players drop into a defensive position and the other 3 players will move into a 3 v 2 for the final shot.

SKILLS PRACTICED:

- Stick Handling
- Ball Movement
- Defensive Positioning
- Slides

VARIATIONS:

Add defenders to the drill and create a 3v2 or other odd number rushes that will push the team to move the ball and look for passing lines.

RECOGNITION:

Thanks to STX for this drill from their “For Coaches, By Coaches” book.

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

MARYLAND

5 POINT SHOOTING INTO A 3v2

DRILL SET UP
The entire team sets up in lines of five, two behind the cage and three up top just above the 8m.

DESCRIPTION
The ball starts in the lines behind the cage, the players can pass in any pattern. Once you pass you advance to the line you have passed to, each team must receive the ball and the last point to receive takes a shot on goal. Coaches can change defenders to create a 2v1 situation with the patterns shown below.

○ ATTACK
○ DEFENSE
→ DIRECTION OF PASS
← ATTACKERS CUTS FOR OUTLET PASS

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