WOMEN’S CROSS CREASE FINISHING DRILL

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme: Shooting</th>
<th>Drill Style: Skills</th>
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<tbody>
<tr>
<td>Field Location: Attack Zone</td>
<td>Field Position: Offense</td>
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<tr>
<td>Time Needed: 10 Min</td>
<td>Skill Level: Basic</td>
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OBJECTIVE:

This drill is excellent for teaching players to time shots and finish on the crease or close shooting spots. It is a rapid fire drill that has each player passing to someone, and then getting a feed. Great for getting a lot of players through a drill.

DRILL DESCRIPTION:

All players have a ball except the player that starts the shooting. That player cuts up to the top of the crease and receives a pass from the player in the left line, catch, and shot. The player in the left line, who just fed the ball, cuts in and pops for a pass from the next player in the right line. It is a rapid fire drill to get a lot of reps and a lot of finishing.

SKILLS PRACTICED:

- Shooting
- Feeding
- Cutting

VARIATIONS:

Vary the locations of shot placement. Have your players shoot all high, all low, all 5 hole. You may also use ground balls to force your players to scoop and finish, or maybe work some behind the back shots.
DRILL DIAGRAM:

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