## WOMEN'S DOUBLE FEED SHOOTING DRILL

### DRILL SPECS:

<table>
<thead>
<tr>
<th>Field Location: Attack Zone</th>
<th>Skill Level: Advanced</th>
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<tbody>
<tr>
<td>Field Position: Offense</td>
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<tr>
<td>Drill Theme: Shooting</td>
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<tr>
<td>Drill Style: Warm Up, Skills</td>
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<tr>
<td>Time Needed: 15 Min</td>
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</tbody>
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### OBJECTIVE:

To get multiple passes and shots in a game situation. This drill has players move like they would in the 8m, and forces them to work timing.

### DRILL DESCRIPTION:

The double feed shooting drill will start with a player behind at the X position, who will roll the crease and feed a cutter coming down from the top on a left hander feed. The next step is for that player that cut from the top, to roll back and accept a feed from the top left where another player has driven and is looking to feed. After that feed another player from the top left should drive down the alley and look to feed across crease to a player cutting from top right. That player will catch and shoot and then roll back for a feed from another player driving from x.

The drill allows for 2 shots from various locations and forces players to think through the drill.

### SKILLS PRACTICED:

- Shooting
- Off Ball Offense
- Feeding
- Strong and Weak Hand Play

### VARIATIONS:

Add defenders or have a coach stand in there and play soft defense to make the players work for the ball.

### RECOGNITION:

Thanks to Missy Doherty and to STX for this drill from their "For Coaches, By Coaches" book.

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For more drills, visit uslacrosse.org/coaches/drills-archive
DOUBLE FEED SHOOTING DRILL

DESCRIPTION
- FF shoots and feeds SI right handed
- SI shoots left handed

POINTS OF EMPHASIS
- Feeders be sure to drive and feed on move
- Feeders hit the second cut as soon as attacker turns
- Shooters give yourself space to cut into especially second cut
- Do not change passing hand without turning
- Be sure to aim and have before shooting (don't rush shot)

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