WOMEN’S FRONT DOOR SHOOTING DRILL 3

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Even Strength
Field Position: Offense, Defense, Midfield
Time Needed: 15 Min

Drill Style: Game
Field Location: Attack Zone
Skill Level: Intermediate

OBJECTIVE:
To work on timing handling the pass and finishing the shot on the move.

DRILL DESCRIPTION:
Start with 2 lines, 1 high and 1 low line. The low line passes high and immediately takes a crease cut with her stick up. At that point the pass comes back to the player, who should continue moving around the crease and finish on a mid or low shot. Keep this drill going for a high number of reps one after another.

SKILLS PRACTICED:
• Shot Placement
• Timing
• Cutting
• Maintaining Possession

VARIATIONS:
You can add defense to the each line to make it more difficult for the feeders and shooters.