WOMEN’S MIRROR SHOOTING DRILL

DRILL SPECS:

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

This drill is excellent for teaching players to time off ball movement, get open, and move the ball to the open shooting area.

DRILL DESCRIPTION:

• The drill is a 3 attack rotation that starts with a drive from behind. X1 starts with a drive from behind and looks to bounce out wide to get to a feeding position.
• X2 and X3 will bounce out into high island spots and allow for a feed from X1 to X2.
• X2 will listen for the “one more” call from X3, which is the cue for the pass to be made from X2 to X3 for a shot.
• If X3 yells “Double” then X2 will reverse the ball to X1 at Goal Line Extended, and then reverses to the back side of the crease and feeds X3 up top for a shot on goal.

SKILLS PRACTICED:

• Off Ball Offense
• Ball Movement (Catching and Throwing)
• Feeding
• Shooting

VARIATIONS:

Add defenders to the play to force a more game like situation. You may also do this drill with 4 players, if your system has 4 attack players low that run a rotation.
DRILL DIAGRAM:

- X1 starts the drill by dodging towards goal line extended and bouncing out wide.
- X2 will pop off the middle into a spot where they can receive the pass from X1 and either reverse back to X1 if doubled, or move “One More” to X3.
- X3 moves wide and high on the island to receive the “one more” from X2 or Reverse from X1.
- All 3 players go back in line after they move the ball.

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