WOMEN’S ONE FEEDER FINISHING DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Skills
Field Position: Offense
Skill Level: Intermediate

OBJECTIVE:

Practice finishing on cuts with a variety of good and bad passes.

DRILL DESCRIPTION:

Have a line of players start across the field from where a coach is feeding. Have those players, one at a time cut across the field and catch a variety of good and bad passes that get thrown to them. Players will need to finish the shot as they move across the crease.

SKILLS PRACTICED:

• Cutting
• Shooting

VARIATIONS:

Have defenders practice covering offensive cutters to put pressure on the pass and finish.
DRILL DIAGRAM:

One-Feeder Finishing

Coach feeds attacker with a variation of good feeds and bad feeds for realistic scenarios.