WOMEN’S SLOT CUT SHOOTING DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Shooting
Field Position: Offense
Time Needed: 10 Min

Drill Style: Skill
Field Location: Attack Zone
Skill Level: Basic

OBJECTIVE:
To work on timing and handling the pass and finishing a shot on the move in the attacking zone.

DRILL DESCRIPTION:
Set up 3 lines. 1 line of feeders behind the crease, and 2 lines up top at the 12-meter. Ball starts in the high right line and passes down to the feeder at the crease. Passer goes to set a pick, while crease player low rolls the crease and hits high right player on her slot cut. Shots should be mid sidewalls and low. Keep this going for high reps one after another.

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

VARIATIONS:
You can add defense to the feeding and shooting lines to make it more similar to a game like situation.
DRILL DIAGRAM: