WOMEN’S FRONT DOOR SHOOTING
DRILL 1

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 handling the pass and finishing the shot on the move.

DRILL DESCRIPTION:

Start with 2 lines high at the 8-meter. One line passes to the other then takes a step away from center, then diagonally down. At that point the pass comes back to the player, who should continue down to cage with a mid and low shot.

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.