



MEN'S CREASE FIRE DRILL

DRILL SPECS:

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

Drill Style: Warm Up
Field Position: Offense
Skill Level: Basic

OBJECTIVE:

This drill is designed for developing the crease attack. It incorporates two feeders and a single crease man.

DRILL DESCRIPTION:

The two feeders (A1 and A2) must NOT be stationary. Stress game-like dodge and feeds. The crease man (X) should cut down on a tangent to goal to obtain the best angle at shooting on goal. He must not merely sweep across the front of the cage. Crease stick must be in the "box area" (near shoulder and head). Crease man should not catch and cradle the pass, but catch and shoot in a single motion.

SKILLS PRACTICED:

- Shooting
 - Cutting
 - Ball Movement
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VARIATIONS:

Have defenders practice covering offensive cutter to put pressure on the pass and finish.

DRILL DIAGRAM:

