



MEN'S FORM SHOOTING DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Location: Half Field
Time Needed: 10 Min

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

OBJECTIVE:

To force players to shoot on the run with great hip turn and balance.

DRILL DESCRIPTION:

This drill is designed to the correct hip and chest motion for a shooter. Too often a player will shoot the ball toward the cage as he is running past the 6'x6' cage, thus his body is traveling in one direction, while his arms are traveling in another. Great for pregame warm up!

Keys:

- Form is important, not speed
 - Shooter must turn hips and chest toward attack opposite the attack feeder
 - Stress continuation of ball movement
 - Players go to the line that they try to pass
-

SKILLS PRACTICED:

- Shooting
 - Feeding
-

VARIATIONS:

Add a defender to the mix or add another goal in the middle of the field to make sure shooters are going over the top and not sidarm.

DRILL DIAGRAM:

