



MEN'S SAME-SIDE SHOOTING DRILL

DRILL SPECS:

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

Drill Style: Game
Field Position: Offense, Midfield
Skill Level: Basic

OBJECTIVE:

To develop catching and inside shooting skills with both hands.

DRILL DESCRIPTION:

Two lines of feeders stand behind the cage, and two lines of cutters and shooters at the top of the restraining box—one line of cutters and one line of feeders on each side of the cage. Every feeder has a ball. The first cutter makes a move to the side of the crease, with his stick to the outside; the first feeder, also with his stick to the outside, moves laterally and up the field to feed. The players rotate to the opposite lines, feeder becomes cutter, cutter becomes feeder.

SKILLS PRACTICED:

- Set Up Move
 - Cuts
 - Timing
 - Feeding
 - Shooting
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VARIATIONS:

You can move the ball to the top lines and have the cutters coming from below the goal line extended and the feeds from up top.

DRILL DIAGRAM:

