



MEN'S SHOOTING OVER THE CAGE DRILL

AUTHOR INFORMATION:

Author Name: Keith Gonsouland

Author School: River Hill High School

DRILL SPECS:

Drill Theme: Shooting

Field Location: Offense

Time Needed: 15 Min

Drill Style: Skill, Shooting

Field Position: Offense

Skill Level: Intermediate

OBJECTIVE:

To work on shooting overhand and enforcing the fundamentals when shooting.

DRILL DESCRIPTION:

Start by setting up 2 goals one in the crease and one 10 yards in front of the first. You can use this drill for either shooting on the run or time and room shots. When practicing time and room shots a coach/player will feed the shooter and the shooter will catch and shoot. The shooter will have to shoot over the first goal and into the second goal. This forces the shooter to get his hands over the goal and shoot overhand. Similarly, when shooting on the run the shooter must get his hands over the goal and shoot overhand. The goal acts as a slide that the shooter must shoot over and take into consideration when timing his shot. In addition, the shooter must make sure to follow through when shooting both on the run and time and room.

SKILLS PRACTICED:

- Shooting
 - Follow Through
 - Stick Skills
-

VARIATIONS:

You can add an additional goal and create a triangle with the first goal in the crease and two others and a diagonal to the first. This allows players to shoot with both hands and allows more players to take part in the drill at once.

FOR MORE DRILLS, VISIT [USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE](https://www.uslacrosse.org/coaches/drills-archive)

DRILL DIAGRAM:

