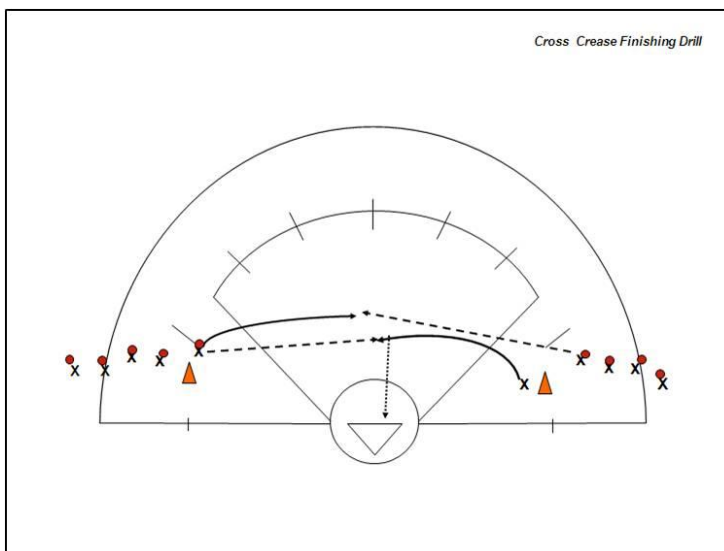


Cross Crease Finishing Drill

Drill Specs	Drill Theme: Shooting Field Position: Offense	Drill Style: Skills Time Needed: 10 Min	Field Location: Attack Zone Skill Level: Basic
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Objective This drill is excellent for teaching players to time shots and finish on the crease or close shooting spots. It is a rapid fire drill that has each player passing to someone, and then getting a feed. Great for getting a lot of players through a drill.

Drill Description All players have a ball except the player that starts the shooting. That player cuts up to the top of the crease and receives a pass from the player in the left line, catch, and shot. The player in the left line, who just fed the ball, cuts in and pops for a pass from the next player in the right line. It is a rapid fire drill to get a lot of reps and a lot of finishing.



Skills Practiced

- Shooting
- Feeding
- Cutting

Variation Vary the locations of shot placement. Have your players shoot all high, all low, all 5 hole. You may also use ground balls to force your players to scoop and finish, or maybe work some behind the back shots.
