



WOMEN'S 3 SHOT SHOOTING DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Shooting

Drill Style: Skill, Warm-Up

Field Position: Offense, Midfield

Field Location: Attack Zone

Time Needed: 10 Min

Skill Level: Basic

OBJECTIVE:

To work on shooting from 3 different scenarios in the attack zone.

DRILL DESCRIPTION:

Start with 4 lines around the 12-meter. 1 feeder (F) behind the cage, 1 player (X3) off to the left side the 12m, 1 player top center (X1), and 1 player (X2) high left. X1 will run in to take a "breakaway" shot on goal. X2 will receive a pass from the feeder behind the goal and take a shot on goal. X3 will pick up a ground ball rolled out by the player behind her and takes a shot. All shots should be taken inside the 8-meter.

SKILLS PRACTICED:

- Feeding
 - Ground Balls
 - Shooting
 - Timing and Cutting
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VARIATIONS:

You can add defensive pressure to all positions of the shooting drill. Also switch to weak hand play.

DRILL DIAGRAM:

