



WOMEN'S 5 POINT SHOOTING DRILL

DRILL SPECS:

Drill Theme: Number Advantages
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Skills, Games
Field Position: Offense, Defense
Skill Level: Intermediate

OBJECTIVE:

To utilize all players on the field by passing the ball quickly and having the final pass end with a drive to goal on a 3 v 2.

DRILL DESCRIPTION:

Main idea of the drill is to set up with 3 lines on top of the 8 and 2 behind the cage. Move the ball as fast as you can so that all lines touch the ball, with the final line going to goal. Drill forces 5 good passes and a solid shot! The passes from the first two players will have those players drop into a defensive position and the other 3 players will move into a 3 v 2 for the final shot.

SKILLS PRACTICED:

- Stick Handling
 - Ball Movement
 - Defensive Positioning
 - Slides
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VARIATIONS:

Add defenders to the drill and create a 3v2 or other odd number rushes that will push the team to move the ball and look for passing lines.

RECOGNITION:

Thanks to STX for this drill from their "For Coaches, By Coaches" book.

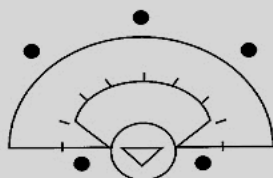
DRILL DIAGRAM:

MARYLAND

5 POINT SHOOTING INTO A 3v2

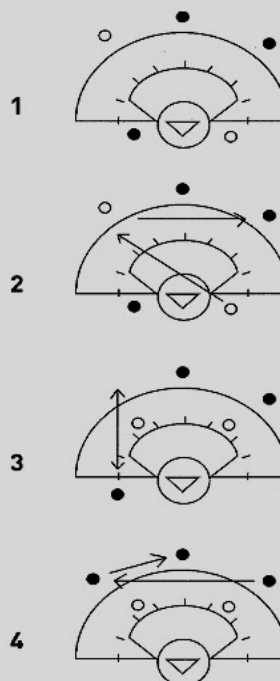
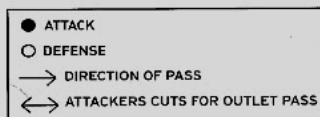
DRILL SET UP

The entire team sets up in lines of five, two behind the cage and three up top just above the 8m.



DESCRIPTION

The ball starts in the lines behind the cage; the players can pass in any pattern. Once you pass you sprint to the line you have passed to, each point must receive the ball and the last point to receive takes a shot on goal. Coaches can add in defenders to create a 3v2 situation with the pattern shown below.



5 POINT SHOOTING INTO A 3v2