



WOMEN'S BOUNCE SHOT DRILL

DRILL SPECS:

Drill Theme: Shooting

Field Location: Midfield

Time Needed: 10 Min

Drill Style: Skill

Field Position: Offense

Skill Level: Basic

OBJECTIVE:

To teach the concept of a bounce shot.

DRILL DESCRIPTION:

Drill is set up in a shuttle formation. Have about 3-4 players in each line about 15-20-yards apart. Place a cone on the ground halfway between the two lines. Emphasis is on hitting the cone and simulating a bounce shot on goal so that the ball will project upward toward the goal. The rebound should go towards the other line where the first person in the line must field the bouncing ball and then shoot herself. This continues in shuttle formation with rotation to the back other line.

SKILLS PRACTICED:

- Bounce shots
- Shooting at a spot on the ground
- Fielding a bouncing ball

VARIATIONS:

Run drill with goal. Put a marker where the players should bounce their shot.



DRILL DIAGRAM:



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