



WOMEN'S DOUBLE FEED SHOOTING DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Warm Up, Skills
Field Position: Offense
Skill Level: Advanced

OBJECTIVE:

To get multiple passes and shots in a game situation. This drill has players move like they would in the 8m, and forces them to work timing.

DRILL DESCRIPTION:

The double feed shooting drill will start with a player behind at the X position, who will roll the crease and feed a cutter coming down from the top on a left hander feed. The next step is for that player that cut from the top, to roll back and accept a feed from the top left where another player has driven and is looking to feed. After that feed another player from the top left should drive down the alley and look to feed across crease to a player cutting from top right. That player will catch and shoot and then roll back for a feed from another player driving from x.

The drill allows for 2 shots from various locations and forces players to think through the drill.

SKILLS PRACTICED:

- Shooting
 - Off Ball Offense
 - Feeding
 - Strong and Weak Hand Play
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VARIATIONS:

Add defenders or have a coach stand in there and play soft defense to make the players work for the ball.

RECOGNITION:

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

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

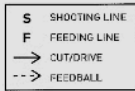
DRILL DIAGRAM:

TOWSON



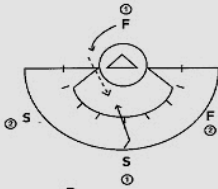
MISSY DOHERTY

DOUBLE FEED SHOOTING DRILL

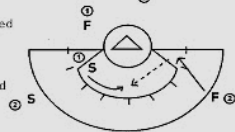


DESCRIPTION

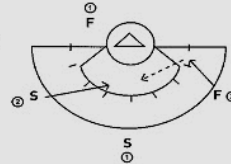
- F1 drives crease and feeds S1 lefty cut
- S1 shoots left handed



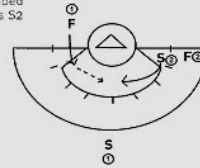
- S1 turns and cuts right handed
- F2 drives and feeds across body to S1
- S1 shoots right handed
- F1, F2 and S1 are finished and move to new lines



- F2 drives and feeds
- S2 righty sweep cut
- S2 shoots right handed



- S2 turns and cuts left handed
- F1 drives crease and feeds S2
- S2 shoots left handed



POINTS OF EMPHASIS

- Feeders be sure to drive and feed on move
- Feeders hit the second cut as soon as attacker turns
- Shooters give yourself space to cut into (especially second cut)
- Be ready to catch second feed when turning
- Be sure to aim and fake before shooting (don't rush shot)

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