

2 Ball Leading to Goal

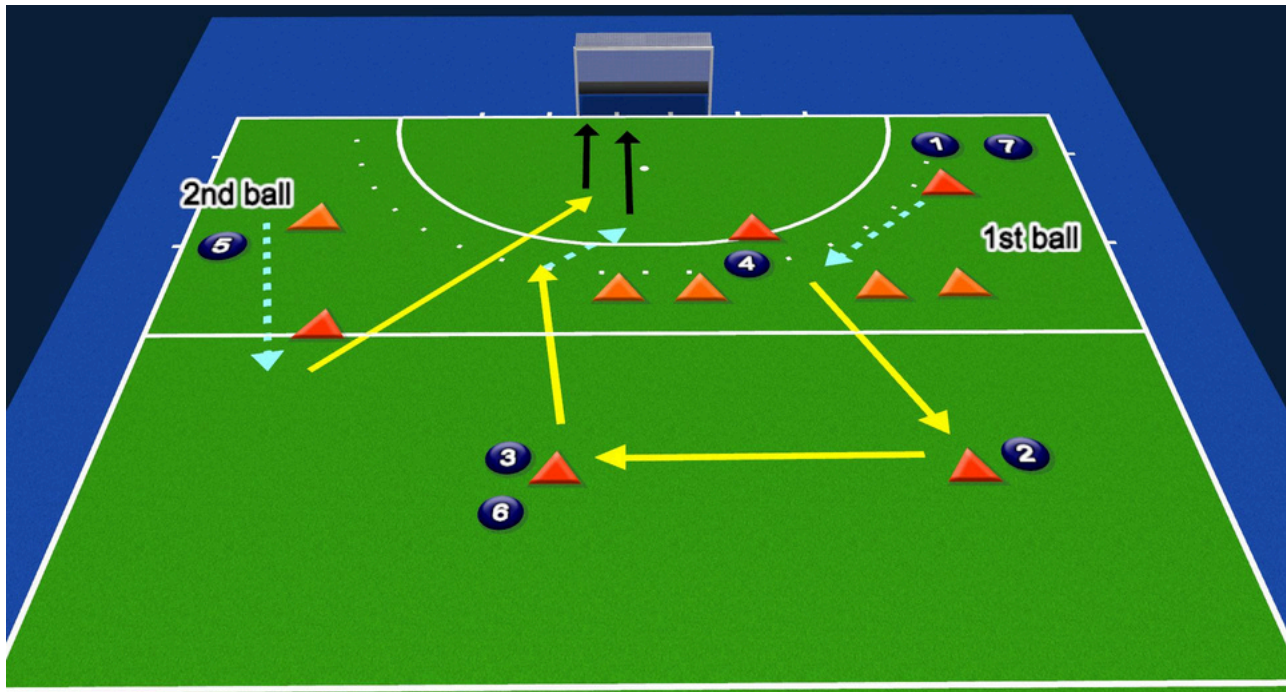
Category: Repetition leading to Goal

Difficulty: Beginner >Intermediate

Developed by Coach Vincent Van Elderen, Belgium

Drill of the Week #7

2 Ball Leading To Goal



Goal: Practice the back pass to a leading forward who works on shooting from the top of the circle.

Skill emphasis: Repetition balls to the goal with leading passes. Quick release shots.

Drill:

1. Player 1 makes a tracking move around the orange cone with the 1st ball and then tracks hard up towards the 23 meters passing to a settled player 2.
2. Player 2 passes a hard flat ball to player 3.
3. Player 4 makes an inside lead around two orange cones acting like defenders and receives a pass from player 3. Player 4 takes a quick shot at goal. Have players take shots before they are 1-2 stick lengths into the circle. Work on footwork to release the ball right after it crosses the top of the circle
4. Player 5 starts with the 2nd ball and tracks back around the two cones and plays flat pass assist to Player 4 who is cutting back for the ball.
5. Follow your ball, only player 5 returns around to start position again. This can be a player who is injured and trying to return to play or a coach if the team numbers are low.
6. Defense can be added at the first or second shot.
7. Have players play out their shot rebounds until they are in the cage or outside the circle.