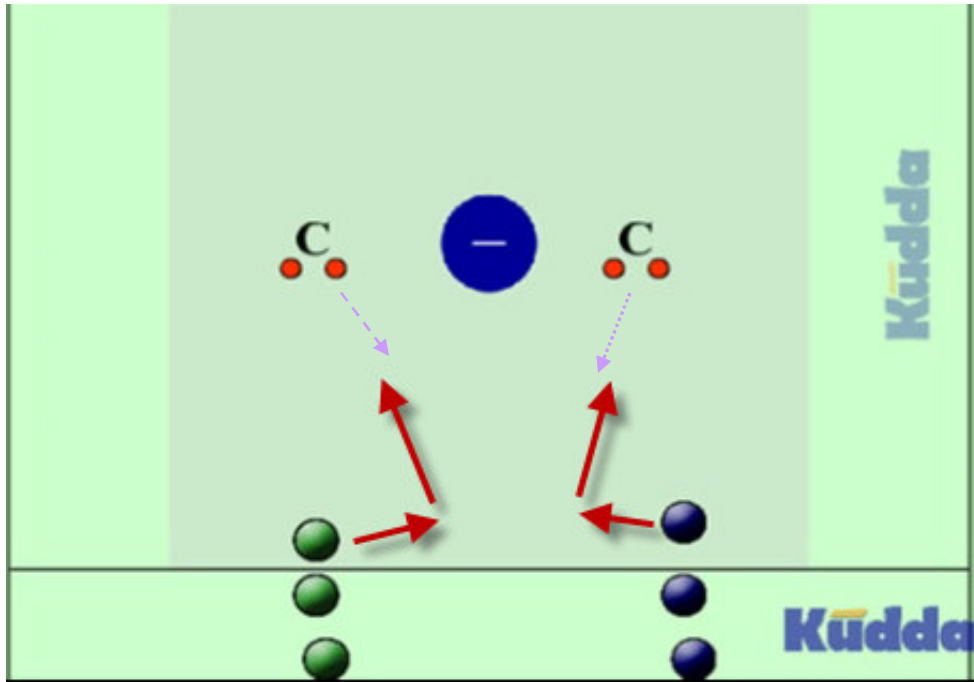


A Series of Shooting Drills

Jake Reed

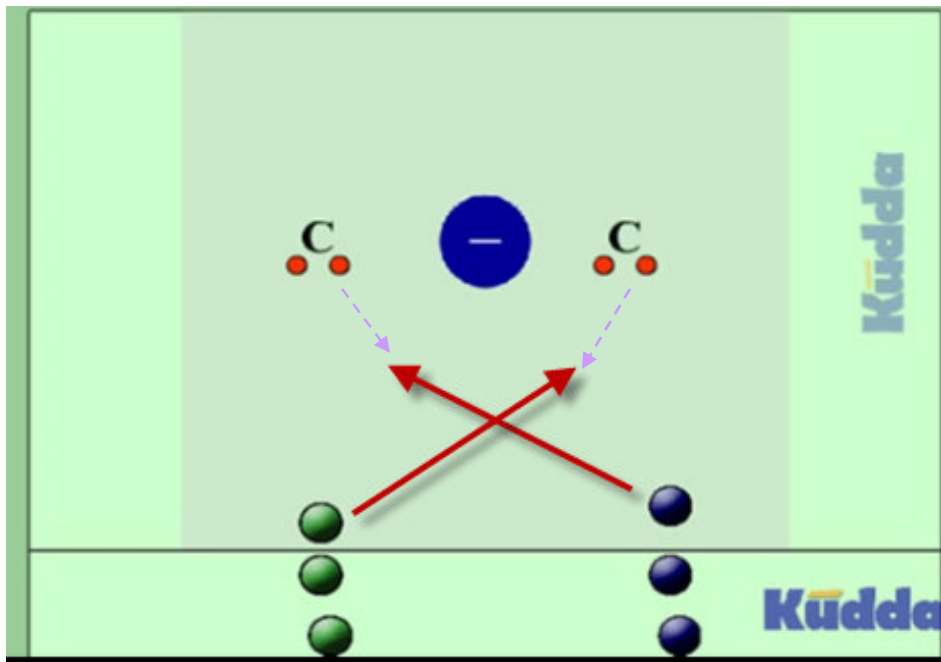
Shooting Drill # 1

In this shooting drill, there are 2 lines up top with 2 coaches on either side of the goal. Make sure that you have plenty of balls for this drill. The Players up top V-cut and receive a pass from the coach on their side. The players need to catch and shoot with their outside hand. Make sure that they switch sides so as to shoot with both hands.



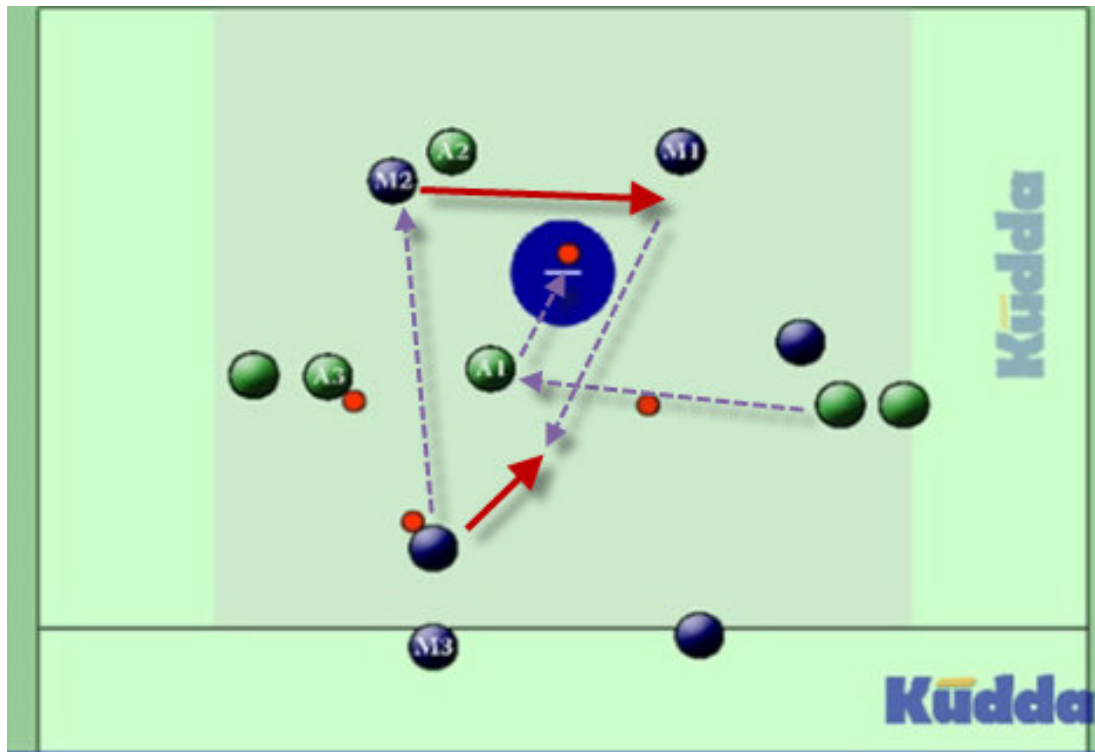
Shooting Drill # 2

In this shooting drill, players are set up the same way as in the previous drill. This time the players will go towards the opposite coach. The players need to catch and shoot with their outside hand. Make sure that they switch sides so as to shoot with both hands.



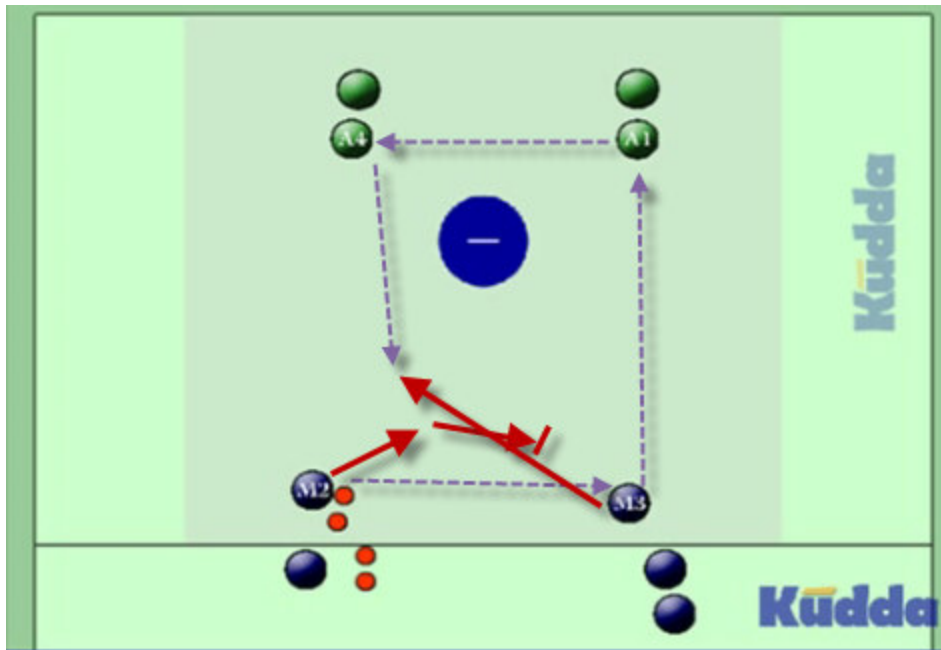
Shooting Drill # 4 “Nazareth” Part 2

After **A1** shoots, **M2** takes the ball across and passes to a cutting middle. **M2** then goes in front for a pass from **A3** and a shot. As soon as **M2** clears the right side area, the next ball is passed down to the player on the GLE on the right side and the drill repeats.



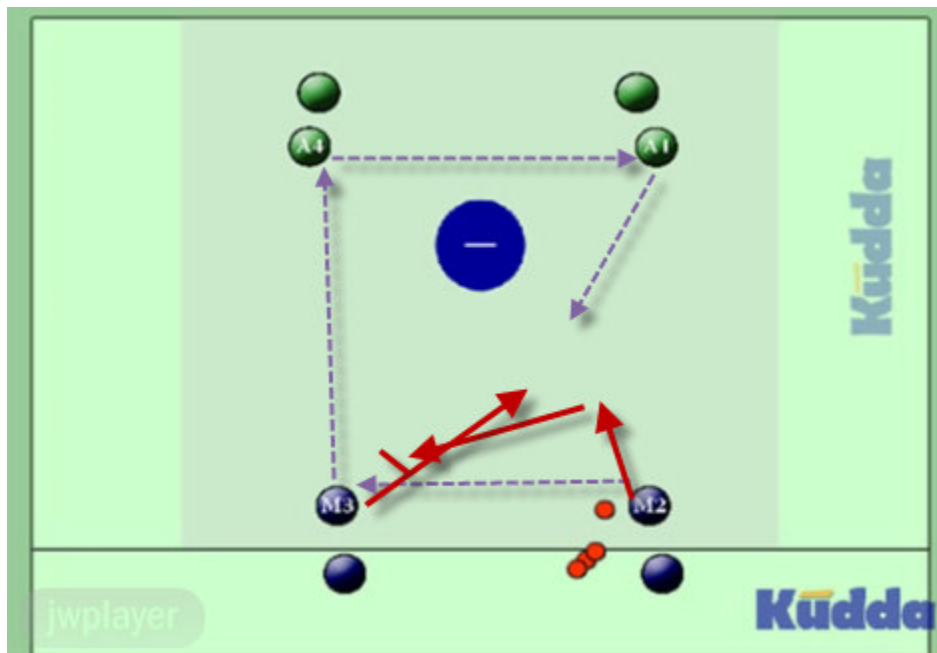
Shooting Drill # 5 Four Corners

The balls start top left with **M2** passing to **M3**. **M2** will make a V-cut and set a pick for **M3** after **M3** passes down to **A1** who passes over to **A4**. **M3** comes off pick, catches pass left handed from **A4** and shoots left handed. All of the passing needs to be done with the outside hand which in this case is right hand. It's important that after setting the pick, **M2** rolls to goal and acts as a backup in case of a bad pass.



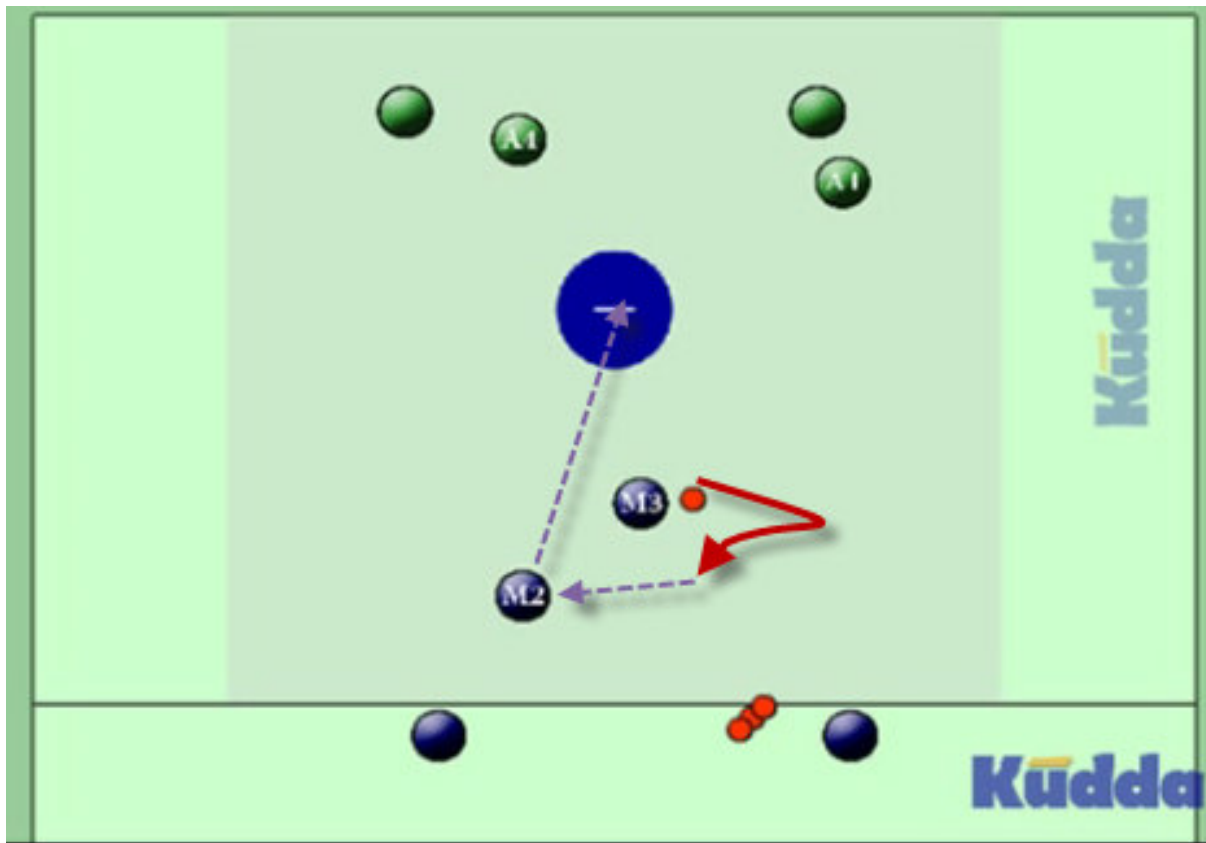
Shooting Drill # 6

The balls start top right with M2 passing to M3. M2 will make a V-cut and set a pick for M3 after M3 passes down to A4 who passes over to A1. M3 comes off pick, catches pass right handed from A1. All of the passing needs to be done with the outside hand which in this case is left hand. M3 does not shoot.



Shooting Drill # 6 Part 2

Instead of shooting, M3 rolls back and passes to M2 who has just set the pick and is rolling to goal. M2 shoots right handed.



Shooting Drill # 7 Four Line Shooting

Balls start with the lines up top. The middies need to do a good split dodge and pass down to the outside ears of the attackmen coming around for a shot. The attackman also need to do a V-cut to lose their defenders. You can do this drill with the lines going at the same time or staggered.

