

Series of Team Shooting Drills

Videos by Chris Robinson

Shooting Drill 1

This drill starts with the balls being fed from the top right corner down to the bottom right corner. The ball continues to move around the perimeter with the attackers catching the balls moving towards the feeders with their right hands, then rolling away from pressure to make left handed passes. Once the ball is moved to the bottom left line, the top left line then cuts straight to the goal for a catch and shot.

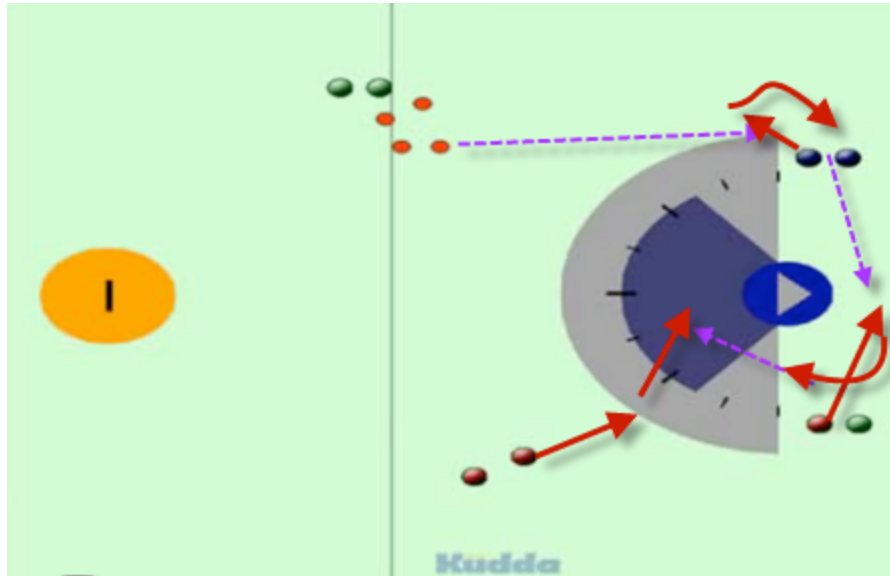


Figure 1

Shooting Drill 2

This drill starts with a groundball up top for the midfielders. Starting on the left side, M1 scoops the ball right-handed and makes a feed to a C-cutting A1 for a shot. D1's job is to simulate some pressure on A1's back. The drill then alternates to the other side in the same format.

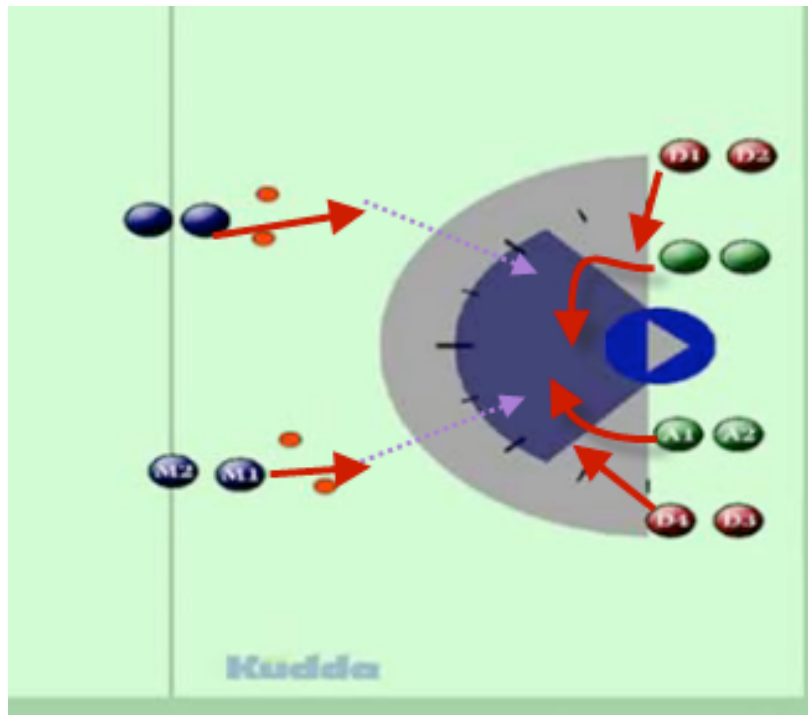


Figure 3

Shooting Drill 3

This shooting drill simulates a 4-3 situation for the offense. The defense starts out in a triangle and rotates as the attack move the ball around the perimeter in a box. Once the ball gets to the low corner(A3), the adjacent corner attackman(A1) flash cuts to the front of the goal to receive a feed on the crease.

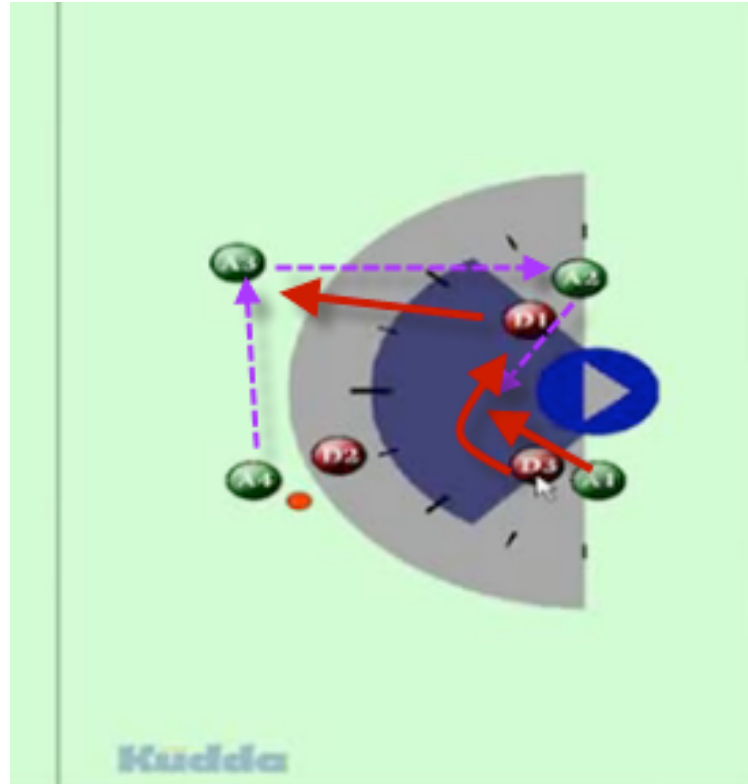


Figure 3

Shooting Drill 4

This drill starts with the balls and feeds coming from behind the goal. **A1** does picks up a ground ball and starts the drill by carrying to the left left-handed. **A1** passes the ball across the middle to a diagonally cutting **M3** who then has a shot on goal. The next feeder(**A2**) picks up a groundball and carries the ball to the right right-handed. **A2** passes the ball to a diagonally cutting **M1** who has a shot. The drill goes back and forth with the feeds and shots alternating sides.

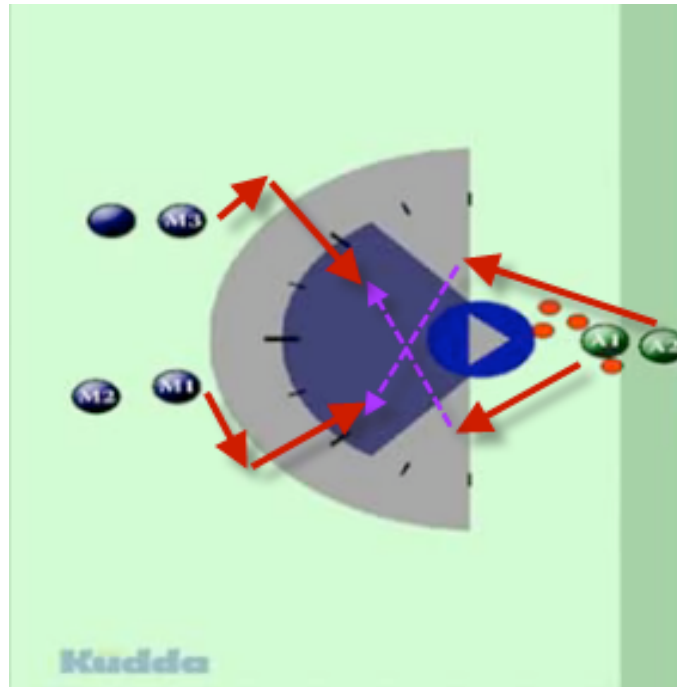


Figure 4