



SKILL

Shooting Drill. Game of accuracy and speed.

HOW TO

Players start in a single file line about 30 yards from the center of the goal. One player begins in the goal as goalie. The coach is to the right of the goal with all of the balls. Coach passes the ball towards the first player in line. First player shoots on goal with first touch. If the shooter makes a goal the player who is goalie is out of the game and the person next in line must sprint to the goal and be goalie for the next player shooting and the original shooter returns to the end of the line. If the shooter misses or the shot is saved, the goalie returns to the end of the line and the person who took the shot becomes the goalie while the ball is played to the next player in line. The game continues until one person remains.