

Drill Name: REBOUND CONTROL

Stage of Activity	Training to Learn, Train to Train, Train to Compete
Skills	Scooping, Ball Handling, Passing, Body Positioning
Equipment	Balls, One Stick per Player, Goaltender, Net
Time	10 Minutes
Number of People	3+
How It Works	<ul style="list-style-type: none"> • Coach has a basket of balls. • Coach shoots a ball at the goaltender's body to produce a rebound. • Goaltender controls the rebound, picks up the loose ball and passes the ball to a breaking left handed player (Player A1) • The Coach continues to shoot another ball and the goaltender repeats the same skills and passes to a breaking right handed player (Player B1). <p><u>Purpose</u> – Controlling rebounds, gathering loose balls and passing.</p>
Modifications	<ul style="list-style-type: none"> • Velocity of shot by the coach • Retrieve the loose ball at the side of the goal. • Length of pass by the goaltender • Shoot ball to miss goal off the backboards or safety netting. <p><i>The goaltender must remain in the proper stance while the ball is shot on goal.</i></p>

