

Drill Name: SCREEN SHOTS

Stage of Activity	Train to Train, Train to Compete
Skills	Ball Handling, Shooting, Screening, Positioning, Tracking
Equipment	Balls, One Stick per Player, Goaltender, Net
Time	10 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> • Place 2-3 players in the high slot as a screen. • Players alternate running behind the screen and shooting around the screen. • Alternate one left-handed shooter, then one right-handed shooter until all players have shot a ball. <p><u>Purpose</u> – Goaltender practices low crouch position, lateral movement and ball tracking.</p>
Modifications	<ul style="list-style-type: none"> • Vary type of shot (high, low or bounce) • Change up the position of the screen on the floor.

