

Drill Name: FOUR CORNERS SHOOTING (PICK TO ROLL)

Stage of Activity	Train to Train, Train to Compete
Skills	Ball Handling, Passing, Catching, Shooting, Positioning, Tracking
Equipment	Balls, One Stick per Player, Goaltender, Net
Time	10 Minutes
Number of People	3+
How It Works	<ul style="list-style-type: none"> • Four lines, two below the baseline and two up top. • Player A2 passes to Player A1 • Once the ball is passed to Player A1, Player A2 runs up and sets an imaginary pick for Player A1. • Player A1 rolls around the pick and flips the ball back to Player A2 who goes in and takes a shot on goal. • Alternate side. <p><u>Purpose</u> – Goaltender practices inside close shots with fakes.</p>
Modifications	<ul style="list-style-type: none"> • Inside or outside shots • Player A2 could pass back to Player A1 after the pick and Player A1 can shoot on the goaltender

