

Drill Name: PICK-UP AND SHOOT

Stage of Activity	Learn to Train, Train to Train, Train to Compete
Skills	Scooping, Ball Handling, Shooting, Positioning
Equipment	Balls, One Stick per Player, Goaltender, Net
Time	10 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> • Two lines of players, left handers (A) and right handers (B) • Player A1 rolls or passes the ball to B1 who is breaking towards the goal. • Player B1 shoots on the goal. • Player A1 then breaks to the goal, while B2 rolls or passes the ball. <p><u>Purpose</u> – Goaltender practices ready position and lateral movement.</p>
Modifications	<ul style="list-style-type: none"> • Vary distances of shot (Inside – close, outside – long)

