

Drill Name: REBOUND & PASS – 2 GOALTENDERS (HALF FLOOR)

Stage of Activity	Train to Train, Train to Compete
Skills	Scooping, Ball Handling, Passing and Catching
Equipment	Balls, Cones, One Stick per Player, 2 Goaltenders, Net
Time	10 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> • Coach has bucket of balls and throws one ball off to one side of the goal. • The Goaltender (G1) controls the ball and passes to a breaking player (Player A1) along the side boards. • Once the pass is successful, the player who received the pass (Player A1) then passes the ball to a breaking player (Player B1). • Player A2 breaks in towards the net and shoots on the second goaltender (G2). <p><u>Purpose</u> – Rebound control, passing and breakaway shots.</p>
Modifications	<ul style="list-style-type: none"> • Vary the length of the outlet pass • Change the angle of the breaking player.

