

Drill Name: TWO LINE DRILLS (SAME SIDE FEEDERS)

Stage of Activity	Learn to Train, 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	4+
How It Works	<ul style="list-style-type: none"> • Two lines outside the dotted line (left handers (A), right handers (B)). • Player A1 passes the ball to Player A2 and breaks for the goal. • Player A2 passes back to Player A2 who shoots on goal. • Player B1 passes the ball to Player B2 and breaks for the goal. • Player B2 passes back to Player B1 who shoots on goal. • Repeat the drill so everyone gets to shoot. <p><u>Purpose</u> – Goaltender practices angles, ball tracking and inside shots.</p>
Modifications	<ul style="list-style-type: none"> • Place a pylon at various distances from the goal to practice outside and inside shots.

