Form Shooting Drill

Objective

To force players to shoot on the run with great hip turn and balance.

Drill Description

See below:

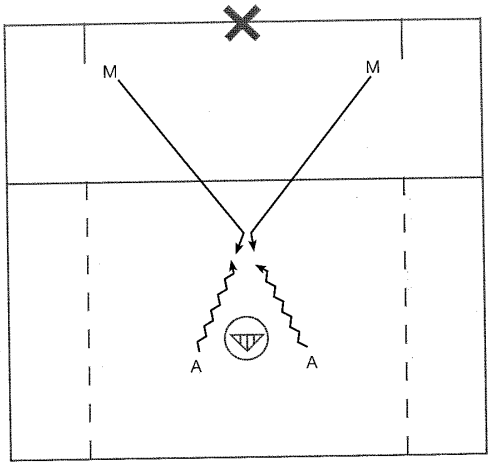
Shooting Drills

Skeleton Drill (no defense)—Form Shooting

Concept: This drill is designed to develop the correct hip and chest motion for a shooter. Too often a player will shoot the ball toward the cage as he is running past the 6'x6' cage, thus his body is traveling in one direction, while his arms are traveling in another. Great for pregame warm up!

Keys:

a. Form is important, not speed
b. Shooter must turn hips and chest toward attack opposite the attack feeder
c. Stress continuation of ball movement
d. Players go to the line that they passed to



Variation

Add a defender to the mix or add another goal in the middle of the field to make sure shooters are going over the top and not sidearm.