

# Hopkins Over and Down Drill

## Drill Specs

**Drill Theme:** Shooting  
**Field Position:** Offense

**Drill Style:** Skills  
**Time Needed:** 10 Min

**Field Location:** Half Field  
**Skill Level:** Advanced

## Objective

This drill is excellent for teaching players ball movement, positioning, and shooting. The objective is to get the ball from a low wing area, up and across the field for a dodge to a shot on goal.

## Drill Description

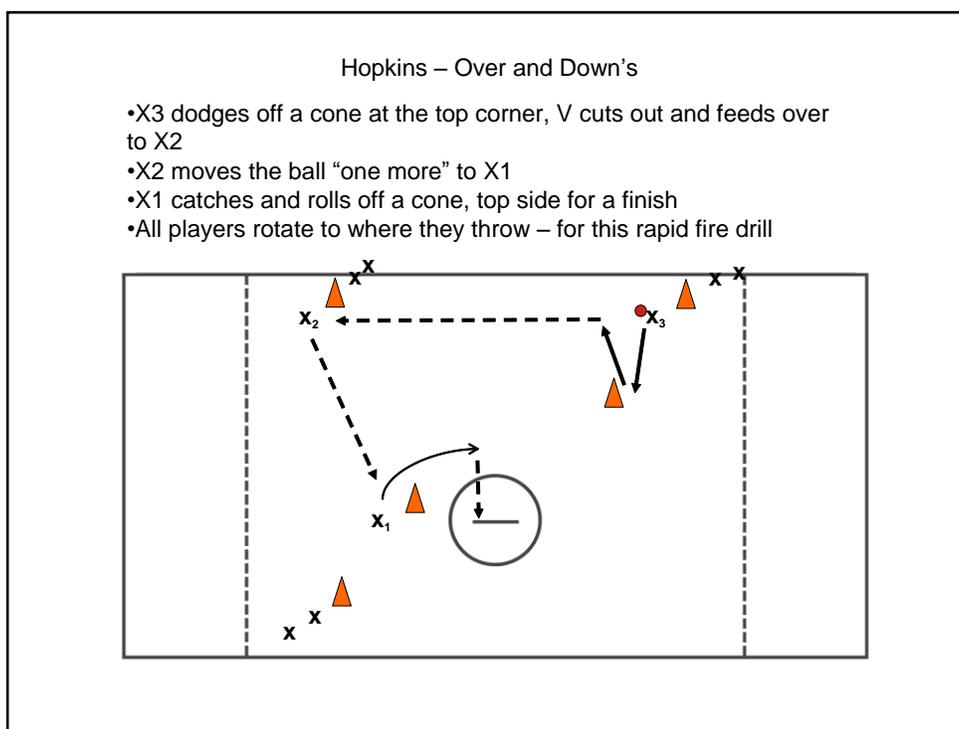
Set up (3) lines with a cone in front of each. One line will be 3 yards behind goal line extended; one line will be directly in line at the top of the attack zone, and the other at the top of the attack zone on the other side.

The balls will be at the top corner, and that player will dodge inside and then bounce back out before they feed across to the other top line.

The top line will catch and move the ball right away to the line at goal line extended.

The 3<sup>rd</sup> line will catch the feed, on the crease and finish across the crease with a shot.

Players will rotate in a counter-clock wise rotation.



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## Hopkins Over and Down Drill, Continued

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**Skills Practiced**

- Ball Movement
  - Feeding
  - Shooting
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**Variation**

To vary the drill, be sure to change sides. You may also designate the final shooter each time, or even add defense to the drill to make things harder. Add your goalies into the cage to take the rapid fire shots.

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