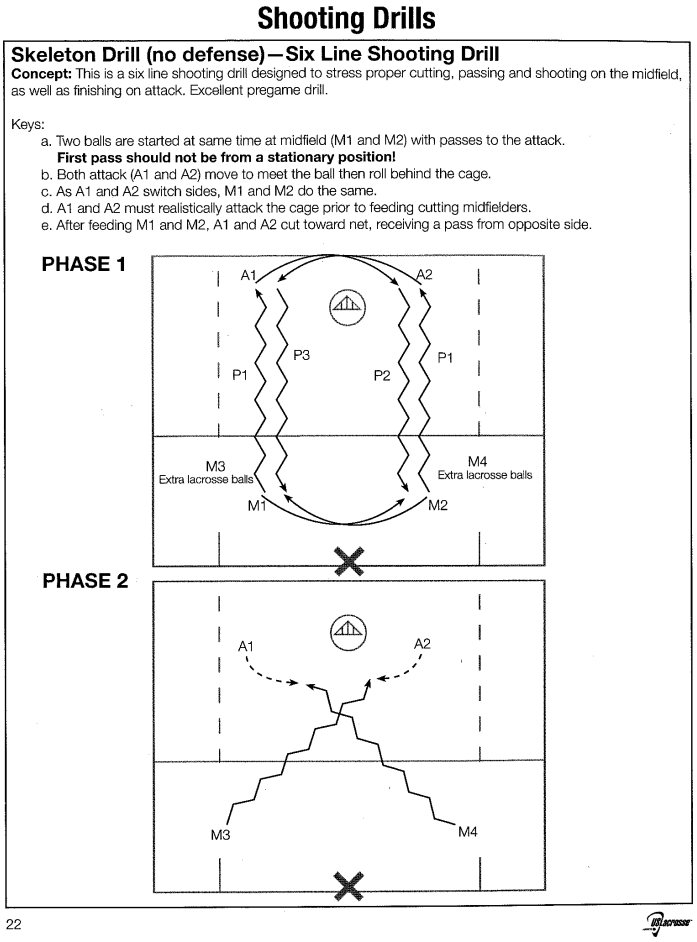
Six Line Shooting Drill

Objective: Get lots of players involved in shooting drills, make the movements game like, work a rotation from the x position.

Drill Description: See below:



Shooting Drills

Skeleton Drill (no defense)—Six Line Shooting Drill

Concept: This is a six line shooting drill designed to stress proper cutting, passing and shooting on the midfield, as well as finishing on attack. Excellent pregame drill.

Keys:

a. Two balls are started at same time at midfield (M1 and M2) with passes to the attack.
First pass should not be from a stationary position!
b. Both attack (A1 and A2) move to meet the ball then roll behind the cage.
c. As A1 and A2 switch sides, M1 and M2 do the same.
d. A1 and A2 must realistically attack the cage prior to feeding cutting midfielders.
e. After feeding M1 and M2, A1 and A2 cut toward net, receiving a pass from opposite side.

Variations: Add defensive players at points to make feeds or cuts more game like.