Hopkins Up and Over Drill

Drill Specs

Drill Theme: Shooting | **Drill Style: Skills** | **Field Location: Half Field**
Field Position: Offense | **Time Needed: 10 Min** | **Skill Level: Advanced**

Objective

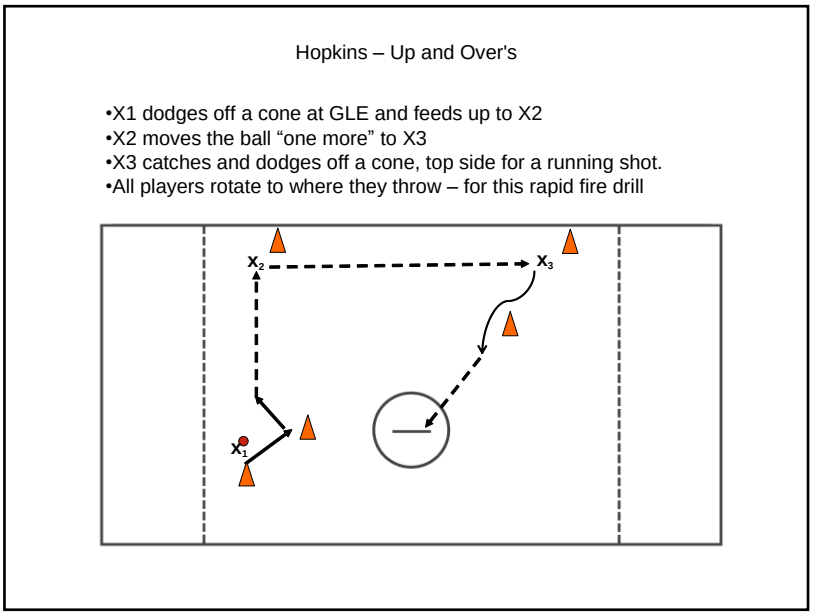
This drill is excellent for teaching players ball movement, positioning, and shooting. The objective is to get the ball from a low wing area, up and across the field for a dodge to a shot on goal.

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 bottom line, and that player will dodge inside and then bounce back out before they feed to top line.
The top line will catch and move the ball right away to the opposite field line.
The 3rd line will catch the feed, drive and dodge off a cone for a shot.

Players will rotate in a clock wise rotation.



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Hopkins Up and Over Drill, Continued

Skills Practiced

- Ball Movement
- Feeding
- Shooting

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.