

# 4-Corner Shooting Drill

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<b>Drill Specs</b>	<b>Drill Theme: Shooting</b>	<b>Drill Style: Warm Up, Skills</b>	<b>Field Location: Attack Zone</b>
	<b>Field Position: Offense</b>	<b>Time Needed: 20 Min</b>	<b>Skill Level: Basic</b>

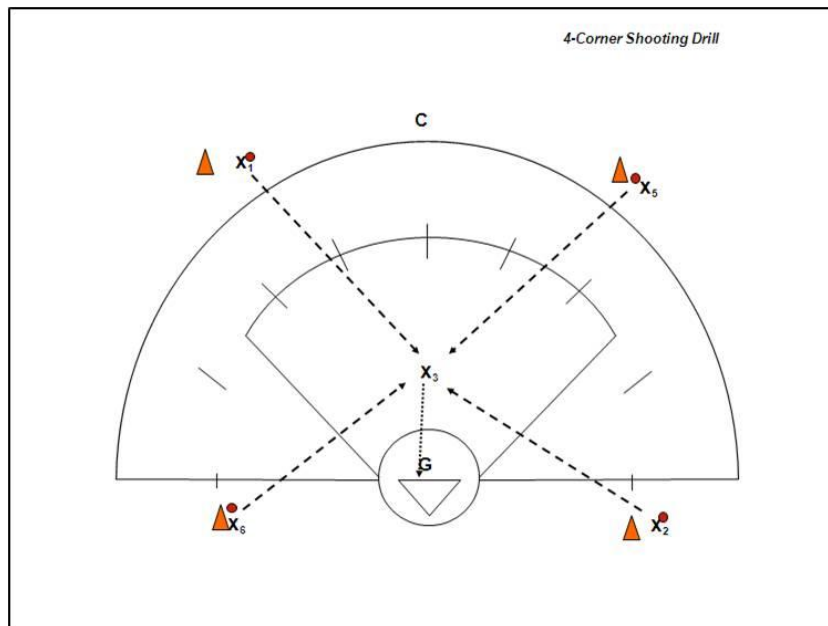
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**Objective** This drill is excellent for teaching players to move to the pass when in the middle. It forces players to move into a solid shooting area, and get free to take a shot.

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**Drill Description** All players have two balls except the player in the middle. The players take turns feeding the player in the middle, who looks to pop off the crease and catch for a shot on goal. The player on the outside will communicate with the player on the crease by yelling and then feeding them the ball. Each player will feed twice as you rotate the feeders around. The shooter in the middle will get 8 shots total after everyone feeds twice.

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## 4-Corner Shooting Drill, Continued

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**Skills Practiced**

- Shooting
  - Off Ball Offense
  - Feeding
  - Strong and Weak Hand Play
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**Variation**

Vary the locations of shot placement. Have your players shoot all high, all low, all 5 hole. You may also use ground balls to force your players to scoop and finish, or maybe work some behind the back shots.

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