

Double Feed Shooting Drill

Objective To get multiple passes and shots in a game situation. This drill has players move like they would in the 8m, and forces them to work timing.

Drill Description See below:

TOWSON

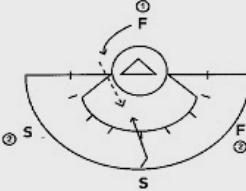
MISSY DOHERTY

DOUBLE FEED SHOOTING DRILL

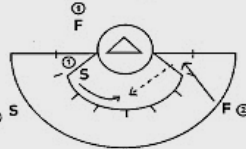
S SHOOTING LINE
 F FEEDING LINE
 → CUT/DRIVE
 - - -> FEEDBALL

DESCRIPTION

- F1 drives crease and feeds S1 lefty cut
- S1 shoots left handed

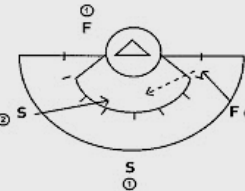


- S1 turns and cuts right handed
- F2 drives and feeds across body to S1
- S1 shoots right handed
- F1, F2 and S1 are finished and move to new lines

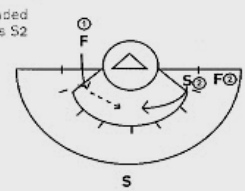


DOUBLE FEED SHOOTING DRILL

- F2 drives and feeds
- S2 righty sweep cut
- S2 shoots right handed



- S2 turns and cuts left handed
- F1 drives crease and feeds S2
- S2 shoots left handed



POINTS OF EMPHASIS

- Feeders be sure to drive and feed on move
- Feeders hit the second cut as soon as attacker turns
- Shooters give yourself space to cut into (especially second cut)
- Be ready to catch second feed when turning
- Be sure to aim and fake before shooting (don't rush shot)

Variation Add defenders or have a coach stand in there and play soft defense to make the players work for the ball.