

Drill Type: _____

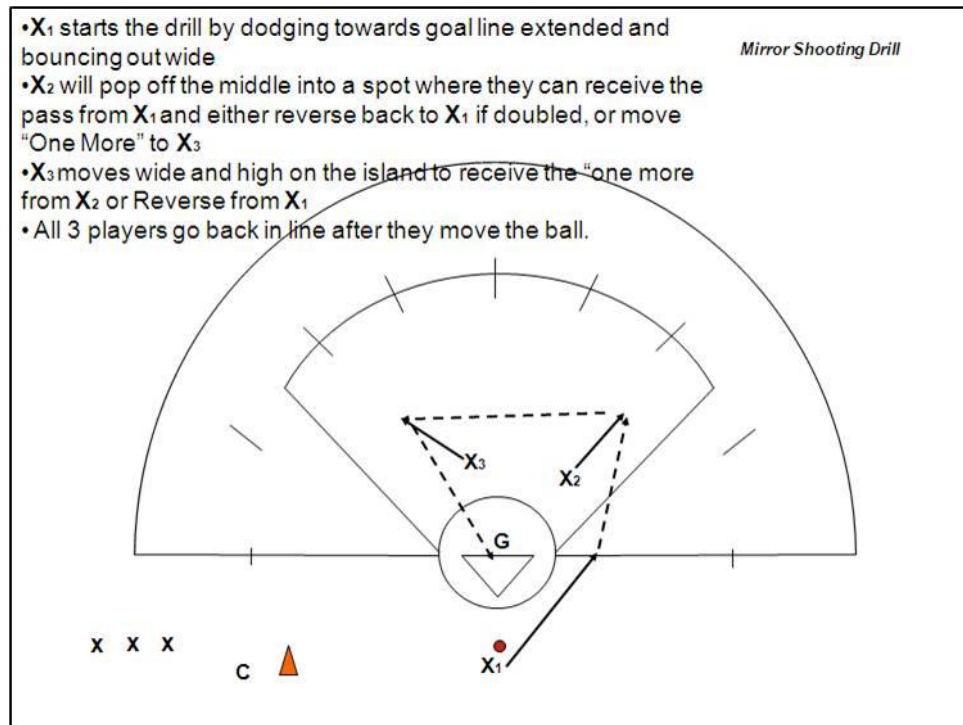
Skill Practiced: _____

Shooting Development Drills Mirror Shooting Drill

Objective This drill is excellent for teaching players to time off ball movement, get open, and move the ball to the open shooting area.

Drill Description

- The drill is a 3 attack rotation that starts with a drive from behind. X1 starts with a drive from behind and looks to bounce out wide to get to a feeding position.
- X2 and X3 will bounce out into high island spots and allow for a feed from X1 to X2.
- X2 will listen for the “one more” call from X3, which is the cue for the pass to be made from X2 to X3 for a shot.
- If X3 yells “Double” then X2 will reverse the ball to X1 at Goal Line Extended, and then reverses to the back side of the crease and feeds X3 up top for a shot on goal.



Skills Practiced

- Off ball movement
- Timing
- Communication
- Ball movement

Variation Add defenders to the play to force a more game like situation. You may also do this drill with 4 players, if your system has 4 attack players low that run a rotation.

Time Needed for Drill: _____

Equipment Needed: _____