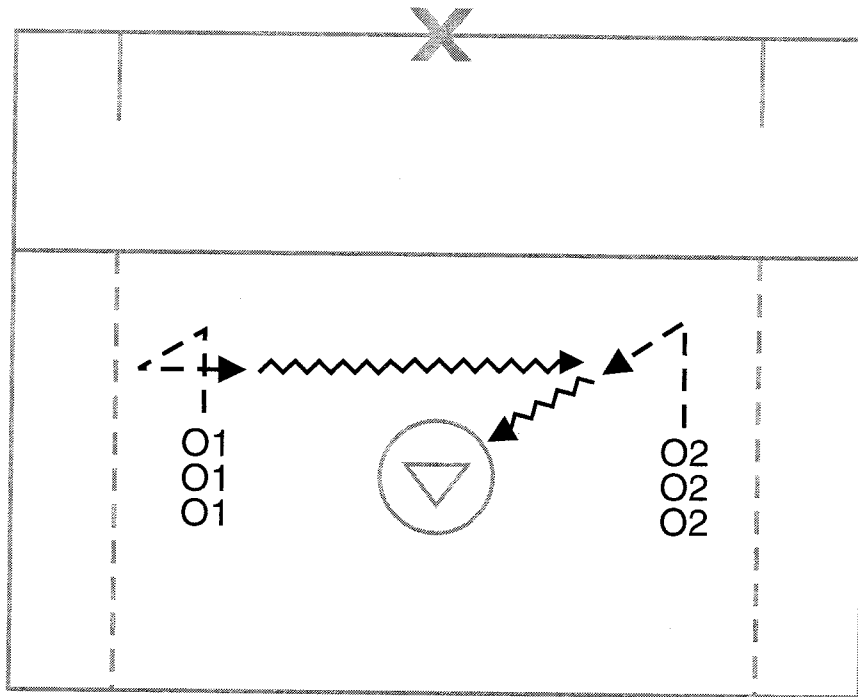


Shooting Drills

Skeleton Drill (no defense) - 2 Corner Rapid Fire

1. Two lines at Goal Line Extended (GLE)
2. Collection of ball is one line or both lines
3. O1 Breaks up field - feigns double team - Rolls off; turns and passes to O2, who has mirrored O1's up field motion, but is breaking to ball on O1's roll
4. Opposite side rotates with each shot



Conditioning Drills

Midfield Death Run

Concept: Conditioning drill that focuses on running, stick handling, defense, dodging and scoring while tired.

- Pair up players of equal ability - offensive men versus defensive men
- Players are lined up at the midfield lines, two lines work simultaneously
- Offensive player breaks downfield on the outside; defender runs on the inside
- When Offensive player reaches goal line extended - dodges 1 on 1 shoot
- On way back - Defensive player is on the Outside - Offensive player on the inside - Defensive player must clear ball via Zig-Zag
- As players get to midfield, they reverse and continue to opposite goal

