

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

