

# ARC FEEDING DRILL

**OBJECTIVE** \_\_\_\_\_ To improve cutting, feeding, and finishing skills for offensive players.

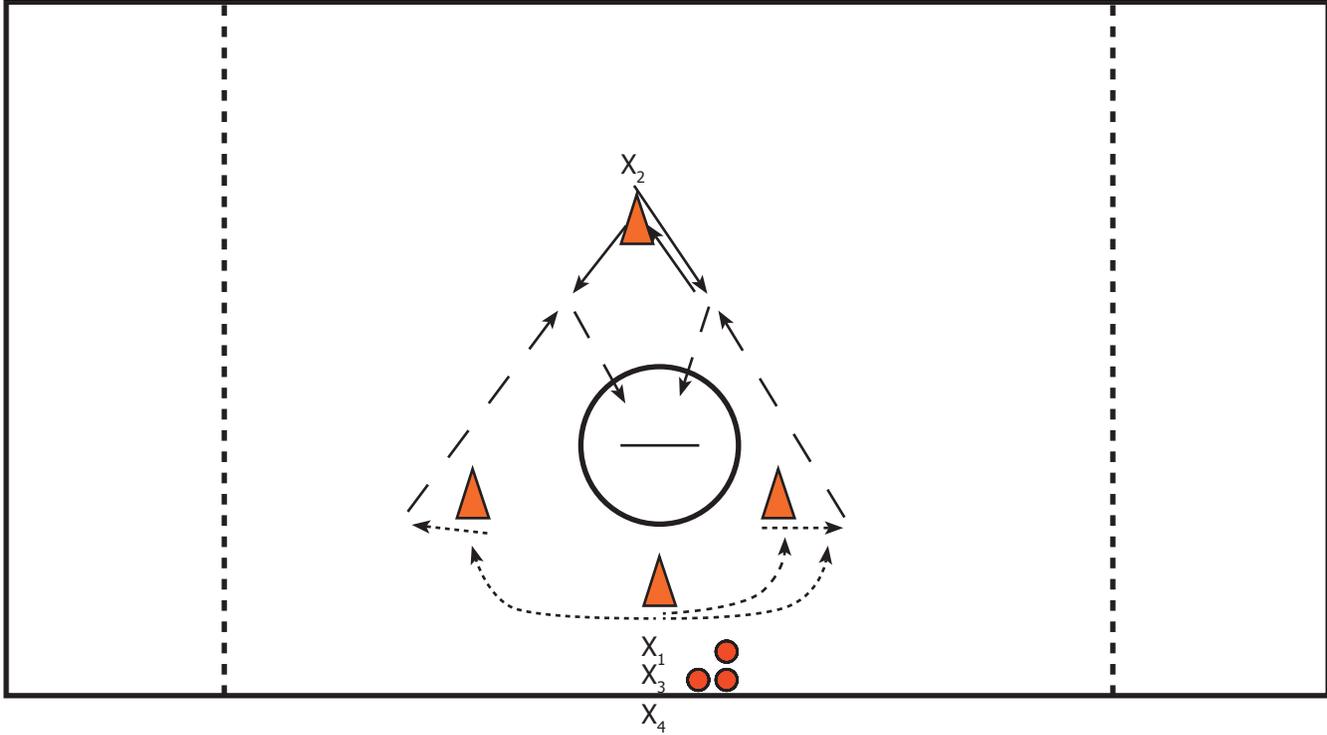
**SPACE/EQUIPMENT** \_\_\_\_\_  
• Balls  
• Cones

**PLAYERS NEEDED** \_\_\_\_\_ Only offensive players should participate in this drill, and only 4-6 should be involved at one time.

Set four cones up around the goal – one at X, and one on either side of the goal about 5 yards wide of the goal and 2 yards behind the Goal Line Extended, and one in front of the goal about 7 yards from the GLE. Start a line of feeders with a pile of balls at X and one shooter at the top cone. On a coach's whistle, the player at X picks up the ball and drives hard to the cone on his right. As he approaches, the player up-top cuts towards him, receives a pass, and takes a shot. The feeder then turns, runs through X, picks up a new ball, and repeats the same feed from the left side. As he does so, the shooter resets to the top cone and then cuts to the ball to receive a pass and take a shot. Players should rotate through both spots.

**DRILL-EXECUTION** \_\_\_\_\_

Drill Diagram



Level 2 Online Drills

## SKILLS PRACTICED

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- Getting to good feeding spots
- Creating space to feed
- Cutting to the ball to get good shots

## VARIATIONS/PROGRESSION

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Feeders should practice both outside (stepping back to the same side you are driving) and inside (rolling back towards X and feeding with the opposite hand) feeds. To add a conditioning and competitive component, challenge players to get in as many feeds/shots as they can in a given time period (30 seconds, 60 seconds, etc.). To make it even more difficult, add a defensive player on the feeder to make him work harder to get open.

## GOALIE INVOLVEMENT

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None

## RELATED DRILLS

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Wing It  
Elbow Jumpers  
Pick N' Roll Shooting  
Survival Drill  
Triangle Shooting