

TRIANGLE SHOOTING DRILL

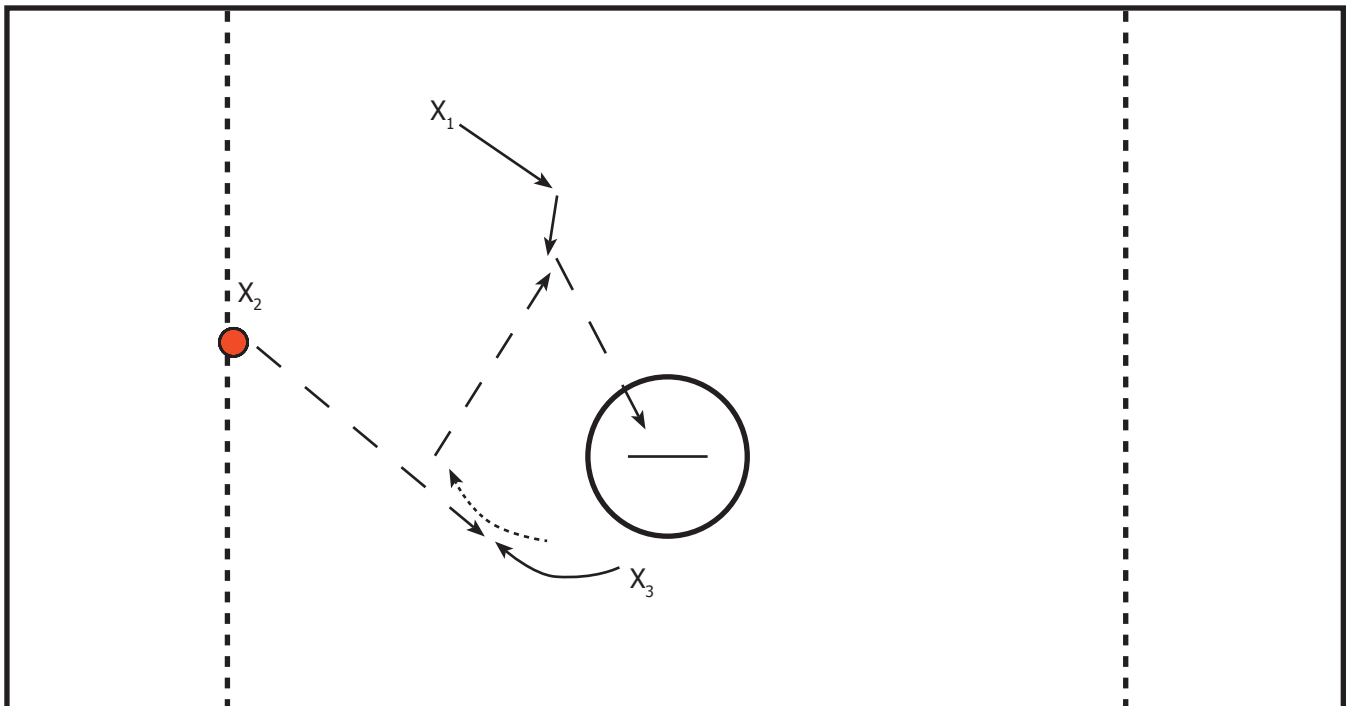
OBJECTIVE _____ To improve two-level cutting and spot-feeding skills to create open scoring opportunities.

SPACE/EQUIPMENT _____
• Half-field
• Balls

PLAYERS NEEDED _____
No more than 9-12 players should participate in this drill at one time (18-24 if you go on both sides of the goal at the same time).

DRILL-EXECUTION _____
Start three lines of players in a triangle on one side of the goal (i.e., one at top-left, one on the left wing, and one at X). The ball starts with the player on the left wing, and he passes it to the player at X, who is cutting to the ball. At the same time, the player at top-left begins his cut – he pushes into the inside first, and then explodes to the feeder coming from X. The player coming from X should pass the ball to an area where the cutter will be, and the cutter should go get the ball and fire a shot on-goal. Players should “follow their passes” so that the lines stay balanced.

Drill Diagram



SKILLS PRACTICED

- Spot-feeding
- Two-level cutting
- Shooting in-close off feeds

VARIATIONS/PROGRESSION

This drill can – and should – be practiced using both hands. And, you can set it up so that two groups are running it simultaneously on both sides of the goal. To make it more challenging, place a trashcan or a “Rejector” in the goal, and challenge the players to shoot around the “goalie.”

GOALIE INVOLVEMENT

None

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