

WING IT DRILL

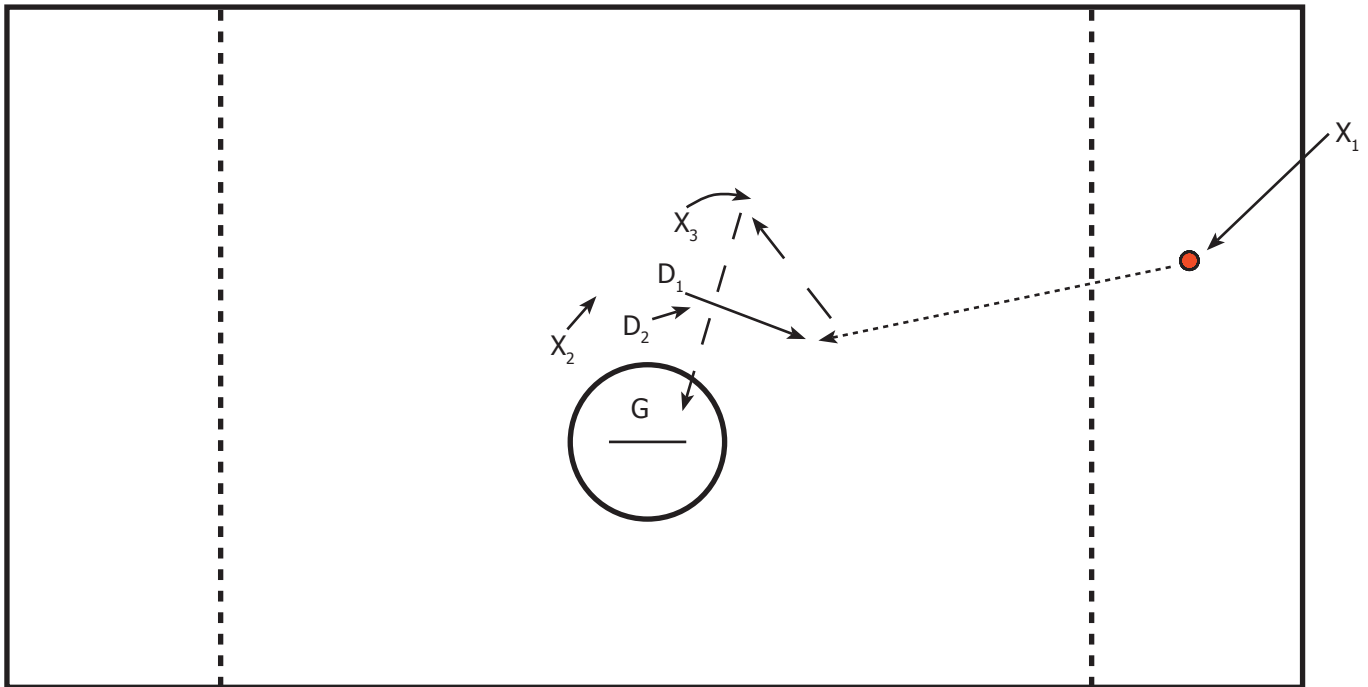
OBJECTIVE _____ To practice finding open players while playing at game-speed.

SPACE/EQUIPMENT _____
• Balls
• Goals

PLAYERS NEEDED _____ All team players can participate in this drill, but there should be no more than 12-15 in each group.

DRILL-EXECUTION _____ Start with two offensive players, two defensive players, and a goalie in and around the crease. Start a line of offensive players on one wing at the sideline. On a coach's whistle, the feeder picks up a ground ball and attacks the cage. He tries to draw a defender and dump the ball to an open teammate for a shot, and the players play out a 3-on-2 on the cage.

Drill Diagram



SKILLS PRACTICED

- Reading defenders/finding open teammates
- Feeding at full-speed

VARIATIONS/PROGRESSION

This drill can – and should – be practiced from both sides of the field so that feeders and shooters are forced to use both hands. To challenge the offensive players, give them a time limit in which to get off a shot or send a trailing defender so that it becomes a 3-on-3 if they do not get a quick shot.

GOALIE INVOLVEMENT

Full

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