

# CRISSCROSS SHOOTING

**OBJECTIVE** \_\_\_\_\_ To give offensive players lots of repetitions at cutting and shooting on or around the crease.

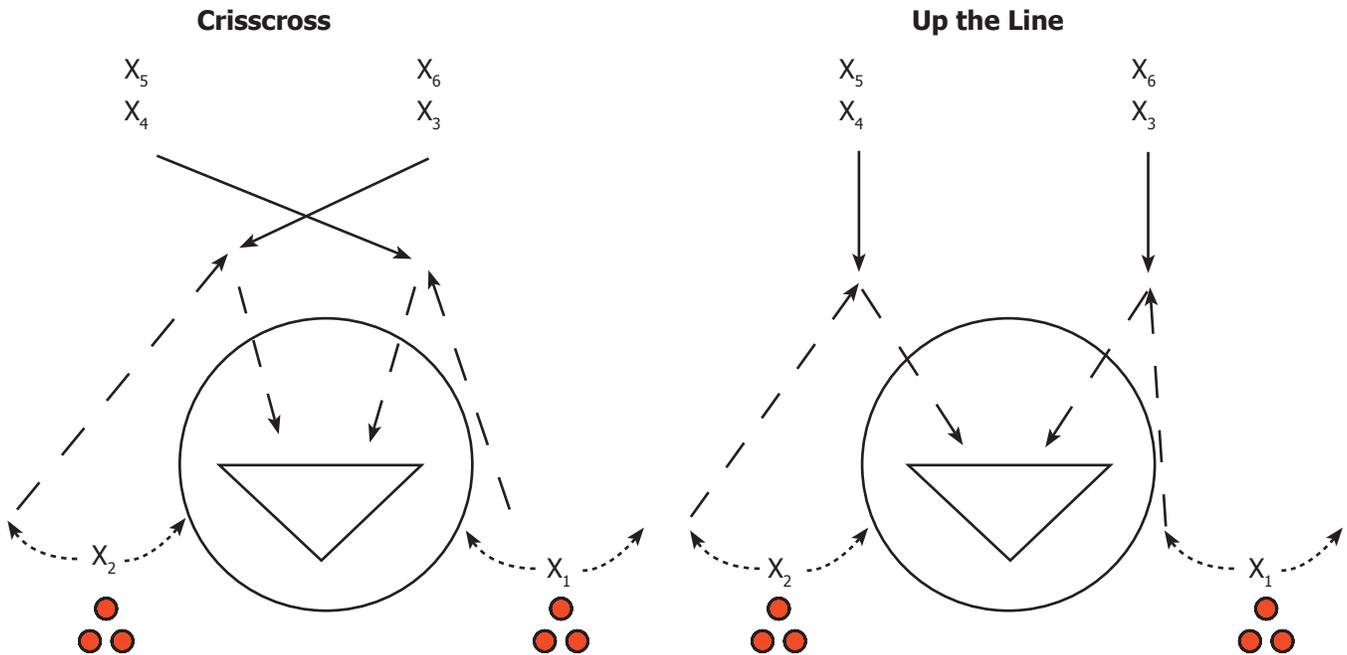
**SPACE/EQUIPMENT** \_\_\_\_\_  
• Half-field  
• Balls

**PLAYERS NEEDED** \_\_\_\_\_ No more than 8-12 players should participate in this drill at one time.

Set two lines of feeders about five yards wide of the goal and just below the Goal Line Extended, each with a pile of balls. Start two lines of shooters about 7-10 yards above the goal, even with the outside of the crease. On a coach's whistle, the first player in the top-left line cuts towards the bottom-right feeder, receives a pass, and takes a left-handed shot on the goal. After he passes through, the first player in the top-right-line cuts towards the bottom-left feeder, receives a pass, and takes a right-handed shot on the goal. Players cycle through the lines after each repetition.

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

## Drill Diagram



## SKILLS PRACTICED

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- Offensive spacing off-ball
- Timing of cuts
- Shooting inside

## VARIATIONS/PROGRESSION

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This drill can be modified to go up-the-line (i.e., feeders pass to the line on their side of the goal, not across the crease). To make the feeders' role more game-like, challenge them to move back and forth to simulate freeing their hands from defenders. To increase the difficulty for the shooters, place a trash can or "Rejector" in the goal, and challenge them to shoot around the "goalie."

## GOALIE INVOLVEMENT

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None

## RELATED DRILLS

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Arc Feeding  
Wing It  
Elbow Jumpers  
Pick N' Roll Shooting  
Survival Drill  
Shooting Progression (Attack)  
Draw and Dump Shooting (Midfield)  
Triangle Shooting