

## Drill Name: BALL TRACKING

Stage of Activity	Learning to Train, Train to Train, Train to Compete
Skills	Passing, Catching, Shooting, Positioning, Concentration, Tracking
Equipment	Balls, One Stick per Player, Goaltender and Net
Time	10 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> <li>• Set three to six players in a game position.</li> <li>• Have the players remain stationary and complete two to four passes before shooting.</li> </ul> <p><b>Purpose</b> – Help the goaltender with crease positioning, ready position, concentration and ball tracking.</p>
Modifications	<ul style="list-style-type: none"> <li>• Increase speed of passes and velocity of shot</li> <li>• Movement of players</li> </ul>

