

## Drill Name: BALL TRAPPING AND SCOOPING

Stage of Activity	Learning to Train, Train to Train
Skills	Scooping, Reaction
Equipment	Balls, Goaltender, Net
Time	10 Minutes
Number of People	2+
How It Works	<ul style="list-style-type: none"><li>• Coach has a bucket of balls and is positioned a few steps outside the crease.</li><li>• The Coach rolls a ball into the crease and the goaltender reacts to block the ball with the body, then traps the ball in the crease.</li><li>• Goalie then rolls the ball back to the coach.</li></ul> <p><b><u>Purpose</u> – Trapping the loose ball in the crease and scooping the ball in the stick.</b></p>
Modifications	<ul style="list-style-type: none"><li>• Continue the drill from the left and the right side of the floor.</li><li>• Have the goalie scoop up the ball and pass it out to another player on either side of the floor.</li></ul>

