

## Drill Name: FOUR CORNERS SHOOTING (DIAGONAL TO CREASE)

Stage of Activity	Train to Train, Train to Compete
Skills	Ball Handling, Passing, Catching, Shooting, Positioning, Tracking
Equipment	Balls, One Stick per Player, Goaltender, Net
Time	10 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> <li>• Four lines, two below the crease line and two up top.</li> <li>• Player A1 passes to Player B1, who steps across the crease and shoots.</li> <li>• Player B2 passes to Player A2, who steps across the crease and shoots.</li> <li>• Players switch lines after shooting or passing.</li> </ul> <p><b>Purpose – Goaltender practices crease positioning, reaction to diagonal passes, lateral movements and ball tracking.</b></p>
Modifications	<ul style="list-style-type: none"> <li>• The left or right crease player passes the ball back to the original passers and that player shoots on the goal.</li> <li>• Allow the shooter only one to two steps before shooting.</li> </ul> <p><i>Do not allow the goaltender to cheat. The goaltender must follow the ball and move through the different positions.</i></p>

