

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

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| Stage of Activity | Train to Train, Train to Compete                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Skills            | Ball Handling, Passing, Catching, Shooting, Positioning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 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 baseline and two up top.</li> <li>• Player B1 passes to Player B2, who passes to Player A1, who passes to Player A2.</li> <li>• When the pass leaves Player A1's stick, Player B1 runs up and sets a pick for Player B2</li> <li>• Both role to the goal looking for the pass.</li> <li>• Player A2 steps up and passes to B2 for a shot on goal.</li> </ul> <p><b>Purpose</b> – Goaltender practices reaction to a diagonal pass to the shooter position, lateral movement, ball tracking.</p> |
| Modifications     | <ul style="list-style-type: none"> <li>• Either crease player can choose to pass the ball to the opposite crease player who sets the pick for the shooter position player</li> <li>• The crease player can receive a pass back from the breaking shooter for a shot on the goal.</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>                                                                                                                                      |

