

## Drill Name: FOUR CORNERS SHOOTING (PICK 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 baseline and two up top.</li> <li>• Player A1 passes to Player A2</li> <li>• At the same time, Player B2 breaks to the side of the crease and sets a pick for Player B1.</li> <li>• Both players then roll to the goal crease.</li> <li>• Player A2 passes ball to B1 who immediately shoots on goal.</li> </ul> <p><b>Purpose – Goaltender practices cross-crease lateral movement and ball tracking.</b></p>
Modifications	<ul style="list-style-type: none"> <li>• Player A2 passes to the first person off the pick – Player B1</li> <li>• Player A2 passes to the second person off the pick – Player B2</li> <li>• Player A2 keeps the ball and shoots.</li> </ul>

