

Drill Name: LINE DRILLS

Stage of Activity	Learn to Train, Train to Train, Train to Compete
Skills	Ball Handling, 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"> • Two lines of players, left handers and right handers • Players break diagonally toward the goal and shoot on the run. • Shooters alternate one player at a time from the left side, then the right side. <p>Purpose – Goaltender practices ready position, quick reactions and lateral movement.</p>
Modifications	<ul style="list-style-type: none"> • Vary distances of shot (Inside – close, outside – long) <p><i>These drills stress all aspects of goaltending. Allow the shooters one to two steps or one to two seconds after receiving the ball before shooting.</i></p>

