

Drill Name: SEMI-CIRCLE STATIONARY SHOOTERS

Stage of Activity	Train to Train, Train to Compete
Skills	Shooting, Positioning, Concentration, Tracking
Equipment	Balls, One Stick per Player, Goaltender, Net
Time	10 Minutes
Number of People	3+
How It Works	<ul style="list-style-type: none"> • Players spread out and shoot on goal from stationary positions <p><u>Purpose</u> – Stance, Crease Positioning and ball tracking</p>
Modifications	<ul style="list-style-type: none"> • Switch distances players are shooting from. • Players shoot to left side and alternate right side • Players switch up the type of shot (overhand, side arm, bounce, low or high velocity). <p><i>Players, do not shoot at the goal when the goaltender is not ready for your shot.</i></p>

