

## Drill Name: SEMI-CIRCLE WITH MOVING SHOOTERS

Stage of Activity	Learning to Train, Train to Train, Train to Compete
Skills	Ball Handling, Shooting, Positioning, Concentration, Tracking
Equipment	Balls, One Stick per Player, Goaltender, Net, Pylons
Time	10 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> <li>• Two groups line up on each side of the net.</li> <li>• First player runs outside of the pylons and then shoots on the net.</li> <li>• As the first player is shooting, the next player is in motion from the opposite side. Players alternate shooting from each side.</li> </ul> <p><b>Purpose – Moving through 5 points arc positions, ball tracking and stopping shots on the run.</b></p>
Modifications	<ul style="list-style-type: none"> <li>• Shot velocity</li> <li>• Type of shot (low, high, bounce).</li> </ul>

