

## Drill Name: SHOTS OFF A PICK

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, Pylon
Time	10 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> <li>• Place a pylon on each side of the floor a few feet off the dotted line near the shooter positions.</li> <li>• Each player in line starts with a ball.</li> <li>• A right-handed player (B1) runs from the corner and around the pylon.</li> <li>• Player B1 shoots on goal once around the pylon and returns to the line-up.</li> <li>• Player A1 then goes.</li> <li>• Alternate until all players have been through the drill.</li> </ul> <p><b><u>Purpose</u> – Goaltender practices angles and outside shots.</b></p>
Modifications	<ul style="list-style-type: none"> <li>• Vary distances of the pylon</li> <li>• Conduct the drill where a player runs around the pylon without a ball and then receives a pass from the opposite line.</li> </ul>

