

## Drill Name: TWO LINE DRILLS (OPPOSITE SIDE FEEDERS)

Stage of Activity	Learn to Train, 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>• Two lines outside the dotted line (left handers (A), right handers (B)).</li> <li>• Player A1 passes the ball to Player A2.</li> <li>• Player B1 breaks for the goal and receives the pass from Player A2.</li> <li>• Player B1 then shoots on the goal.</li> <li>• Player B3 passes the ball to Player B2</li> <li>• Player A1 breaks for the goal and receives the pass.</li> <li>• Player A1 then shoots on the goal.</li> <li>• Repeat the drill so everyone gets to shoot.</li> </ul> <p><b>Purpose – Goaltender practices angles, ball tracking and inside shots.</b></p>
Modifications	<ul style="list-style-type: none"> <li>• Place a pylon at various distances from the goal to practice outside and inside shots.</li> </ul>

