

Drill Name: SIDE TO SIDE PASS AND SHOOT

Stage of Activity	Train to Train, Train to Compete
Skills	Passing, Catching, Fast Break
Equipment	Balls, Cones/Pylons One Stick per Player, Goals, Target or Goalie
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Two lines of players on each side of the field facing each other. • The first player, Player A1, runs up to the restraining line, around a cone and then towards the middle to receive a pass. • Player B5, at the 'back' of the line, passes the ball to Player A1 who then moves in for a shot. • Once the shot is completed, Player A1 moves behind player A5 at the 'back' of the line. • Player B1 then runs up to the restraining line, around the cone and towards the middle to receive a pass from Player A5.
Modifications	<ul style="list-style-type: none"> • Can use a target in goal if a goaltender is not available • Players can aim for the post or crossbar

