

## Drill Name: ANTI-STAR DRILL

Stage of Activity	Train to Train, Train to Compete
Skills	Ball Handling, Passing and Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> <li>• Player A1 starts with the ball.</li> <li>• Run the Star-Drill (passing the ball around the star) until all the 5 points of the star have touched the ball.</li> <li>• Once the ball is at the top of the star with Player A5, the bottom two players (Player A1 and A4) become defenders against the other three.</li> </ul> <p><b><u>Purpose</u> – Work on quick passes within the 15m and going to the net for a 3v2.</b></p>
Modifications	<ul style="list-style-type: none"> <li>• Have four attackers and one defender, which will get the goalie more involved.</li> <li>• Have three defenders vs two offensive players.</li> </ul>

