



## WOMEN'S RAPID FIRE WARM UP DRILL

### DRILL SPECS:

**Drill Theme:** Goalie  
**Field Location:** Attack Zone  
**Time Needed:** 10 Min

**Drill Style:** Skill  
**Field Position:** Goalie, Offense  
**Skill Level:** Basic

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### OBJECTIVE:

Warm up your goalie by using a bunch of players to shoot on goal in an organized manner. This helps if you are low on time and need to get your goalie a lot of shots from various angles.

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### DRILL DESCRIPTION:

Have your goalie get in goal and start on the right post.  
Set up 5 cones in front of the goal at about 10-15 yards away from the goal, depending where you would like shots to be taken from on your keeper.  
On the whistle the first player in each line will shoot – one at a time, moving from top right to top left.  
Go through as many times as you need, and call out different locations for your shooters to place shots.

Be sure no players shoot until the whistle blows or the goalie is ready.

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### SKILLS PRACTICED:

- Goalie Play
- Shooting

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### VARIATIONS:

Vary where the cones are located and have players vary their shots on goal.

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**DRILL DIAGRAM:**

