



MEN'S SHOOTING ON THE RUN DRILL

AUTHOR INFORMATION:

Author Name: John Pirie and Jordan Hall

Author School:

DRILL SPECS:

Drill Theme: Shooting

Field Location: Attack Zone

Time Needed: 10 Min

Drill Style: Skill

Field Position: Offense,

Skill Level: Basic

OBJECTIVE:

To improve individual shooting technique and accuracy.

DRILL DESCRIPTION:

One line of players is stationed at the top of the restraining box. The line has plenty of balls for each player to get 5-10 shots. The players will make a "dummy" dodge towards the goal and then take an overhand shot at the goal while on the run. Players should be shooting overhand to $\frac{3}{4}$ and rotating their hips so that they end up backpedaling after the shot.

SKILLS PRACTICED:

- Shooting
- Dodging
- Strong and Weak Hand Play
- Accuracy

VARIATIONS:

Vary the type of dodges required of the shooter. Have the shooters switch sides of attack to work on shooting with both hands. Allow all player positions to shoot. The coach can stand near the goal and force shooters to run past him to ensure players are running towards the goal when shooting.

DRILL DIAGRAM:

