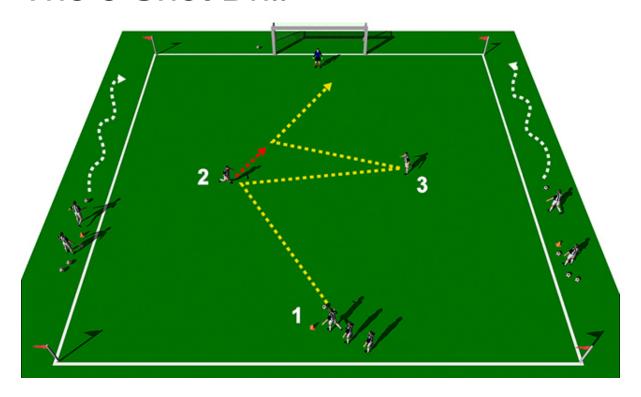


The 3 Shot Drill



Exercise Objectives:

This shooting drill is a great game to emphasize the importance of combining with a partner when going to goal.

Coaching Pointers:

Position your players as in the diagram above. Two forwards start inside the field (players #2 and #3). They must be mobile and make intelligent runs. Player #1 passes to either #2 or #3. In this example; player #2 receives a pass and combines with his partner #3. Both players combine to get a shot on goal. For the next attack, the shooting player is replaced by player #1.

Field Preparation:

- Playing area approximately 20 yards by 30 yards.
- Balls, cones, bibs, full size goals.