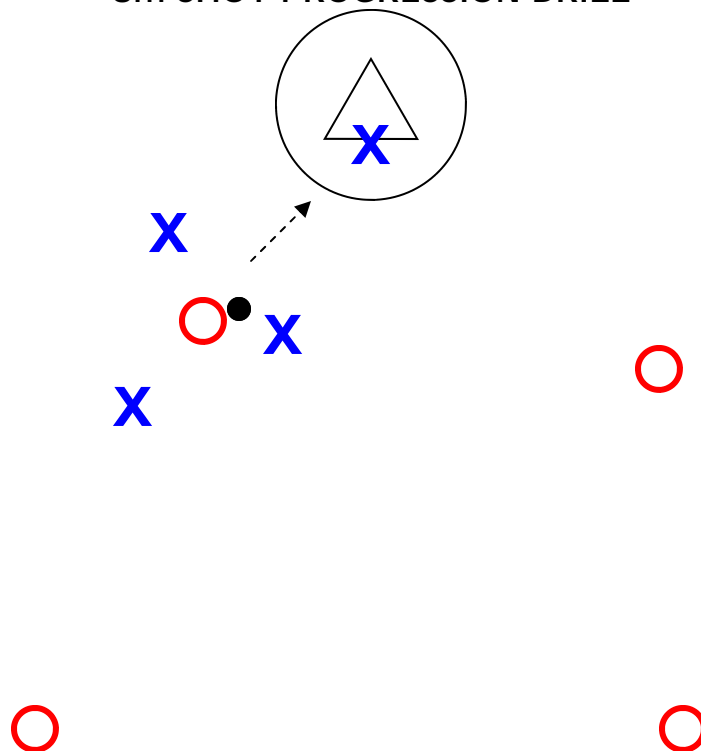


8m SHOT PROGRESSION DRILL



Set-up:

2 crease attackers (1 position for free position shot on 8m)

3 defenders; 1 goalie

2 attackers over the 50 yd line, split wide on the field

Coach blows whistle. If GK saves shot, clears to open D who transitions the ball to one of the attackers waiting on the 50. (If shooter scores, reset with new shooter.) FORCE CREASE ATTACKERS TO RIDE, marking up on closest defender. Goalie should clear to defender who was behind shooter and breaks out when goalie makes save. Second option is low defender who is not marked.

If defense successfully clears to attacker at the 50, play continues in same of field with 4 v 3 fast break to cage.

If D makes a stop or GK saves the ball now the clearing team is man down and attack can pressure the goalie and still mark up man to man. Defense needs to work hard to clear the ball under pressure. DEFENSE MUST CLEAR BACK TO THE 50.

