

Shooting on the Move – With a Pass

This next drill involves constant movement of the shooter and the passer.

Set Up and Execution

2 lines on either side of the net. First player in one line runs without a ball around a pre-set marker. First player in the opposite line hits her with a pass at the top of the 18. She then starts her run and does not watch the shot. Player with the ball one touches the shot and moves to the line opposite of where she started

