



## Scoop and Shoot

**Appropriate Age Group:** 8-15

**Skill(s) Practiced:** Scooping, Rolling, Carrying, Shooting

**Drill Duration:** 5 minutes

**Resources:** Multiple balls, Cones, Goal

**Description:** Set up 5 cones in a 15x15yd. box as shown. Line A will roll a groundball towards the center cone for Line B. Player from Line B will scoop the loose ball, take 1-3 steps and shoot it on goal. Lines D and C are doing the same thing on their side of the goal. Players rotate lines in a clockwise motion to keep the drill moving.

**Progression(s):** Alternate top hands on the stick. Adjust the size of the box based on ability level of players. Change which line is rolling the ball and which line is receiving the loose ball.

**Drill Diagram:**

