



Score on any Goal

Appropriate Age Group: 8-18

Skill(s) Practiced: Dodging, Cradling, Stick Protection, Passing, Catching, Shooting, Off Ball Play, Offense, Defense, Scooping.

Drill Duration: 5 minutes

Resources: Balls, Multiple cones

Description: Set up field as shown. Players will try to score on any of the four goals. Each teammate must touch the ball before a shot is permitted and a goal counts. If the ball changes possession, then the new team may begin attempting to score.

Progression(s): Spacing of field is dependent upon age and ability of players participating. Add or subtract players to change the level of difficulty.

Drill Diagram:

