



## Hungry Hippos (Progression 1)

**Appropriate Age Group:** 8-15

**Skill(s) Practiced:** Scooping, Dodging, Shooting

**Drill Duration:** 5 minutes

**Resources:** Multiple balls, Multiple cones

**Description:** Set up field as shown. On the whistle, players will run into middle from their goal, scoop a ground ball, return and shoot it into their respective goal. After 1 minute, stop and see which "team" has the most balls in their goal.

**Progression(s):** Alternate top hands on the stick. Adjust the spacing based on ability level of players. Allow stick checking or other age appropriate defensive tactics. Have players complete a pass to their teammate before a shot is permitted.

**Drill Diagram:**

