



## Velcro Shooting

**Appropriate Age Group:** 10-19

**Skill(s) Practiced:** Shooting, Defensive Footwork

**Drill Duration:** 5-10 minutes

**Resources:** Balls, Cones, Goal

**Description:** **O** and **D** players will pair up. The **D** will run down the alley with the **O** player, keeping his hands on him the entire time, but not forcing the **O** player away from the goal. The objective of the drill is to help the **O** get comfortable with shooting under "pressure" and to help the **D** keep position on an offensive player.

**Progression(s):** Vary locations. Increase defensive pressure. Alternate top hands on the **O**'s stick.

**Drill Diagram(s):**

