



## Hopkins Up and Over

**Appropriate Age Group:** 12-19

**Skill(s) Practiced:** Dodging, Catching, Throwing

**Drill Duration:** 5-10 minutes

**Resources:** Cones, Balls, Goal

**Description:** The ball starts behind the goal with **O1**. **O1** passes to **O2**, who rolls away and passes to **O3**. **O3** catches, rolls away and passes to **O4**. **O4** then dodges a cone, defender, or coach and takes a shot on goal.

**Progression(s):** Vary the dodges. Use "pull-passes" instead of rolling away. Switch sides of goal to run the drill on. Add defensive pressure to one or more players.

**Drill Diagram(s):**

