



Inside Feeding

Appropriate Age Group: 8-15

Skill(s) Practiced: Passing, Catching, Off-Ball Movement, Player Down Defense

Drill Duration: 5 minutes

Resources: Multiple balls, Cones

Description: Set up 4 cones in a 10x10yd. box as shown. The "offense" is trying to complete as many passes as possible in 1 minute. They receive 1 point for an adjacent pass and 2 points for a completed pass to the inside player. After 1 minute the O and D switch roles. X is always in the middle.

Progression(s): Alternate top hands on the stick. Adjust the size of the box based on ability level of players.

Drill Diagram:

