

Open Stick Shooting

Objective – practicing shooting on the run

Passer sends ball to striker who must receive and strike quickly

Players start alternate with the ball from two cones on the 23 meter line.

They pass the ball diagonally across for the opposite player to receive ball on the move and to continue running with the ball and have a shot from the top of the circle.

Coaching Points

Good challenge for the players trying to score is as a team to try and score 3 goals in a row before moving on to the next practice. (this could take a long time)

