

Title : 3 Shot Warm-up

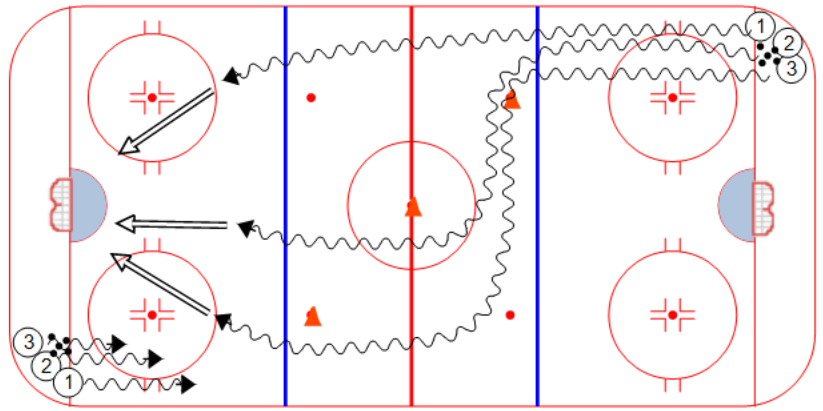
Category #1 : Warm-up Drills

Category #2 : Shooting

Description

1. Players line up in diagonal corners
2. On whistle, 3 players from each line leave together
3. Player 1 drives wide and shoots
4. Player 2 cuts around the 1st and 2nd cones and shoots from the middle
5. Player 3 cuts around the 1st and 3rd cones and shoots from the far side
6. All shots should be from tops of the circles

VARIATIONS: designate different shot types



Key points :