



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):

