

Drill

Drill Name:	BG Shooting - Roll & Shoot (to Strong Side)																					
Drawn Diagram:	<p style="margin-left: 20px;">X1 is Rightie starting with back to defender in diagram</p>																					
Purpose:	<p>Players learn to <u>turn and shoot to their strong side</u> when in front of net.</p> <p>Faking with jab step to weak side sets up strong side roll & shot.</p>																					
Procedure:	<ol style="list-style-type: none"> 1. Arrange players into 2 lines similar to diagram. 2. Player X1 starts with ball (progress to scooping a loose ball or a coach pass) and protects with body (back to defender) from D1 defence player inside 24' house in front of net. D1 uses equal pressure body positioning defence on X1. 3. Player X1 makes jab-step fake to own stick side, then rolls back around to strong side & shoots or drives for net & then shoots. 4. Players change lines & repeat. <p>Progress to a loose ball scoop or a pass from coach to start drill</p>																					
Progressions:	Progress to a loose ball scoop or a pass from coach to start drill																					
Age Groups:	<table style="width: 100%; border: none;"> <tr> <td><input checked="" type="checkbox"/> Bantam</td> <td><input checked="" type="checkbox"/> Junior</td> <td><input checked="" type="checkbox"/> Midget</td> <td><input checked="" type="checkbox"/> Mini Tyke</td> <td><input checked="" type="checkbox"/> Novice</td> </tr> <tr> <td><input checked="" type="checkbox"/> PeeWee</td> <td><input checked="" type="checkbox"/> Senior</td> <td><input checked="" type="checkbox"/> Tyke</td> <td></td> <td></td> </tr> </table>	<input checked="" type="checkbox"/> Bantam	<input checked="" type="checkbox"/> Junior	<input checked="" type="checkbox"/> Midget	<input checked="" type="checkbox"/> Mini Tyke	<input checked="" type="checkbox"/> Novice	<input checked="" type="checkbox"/> PeeWee	<input checked="" type="checkbox"/> Senior	<input checked="" type="checkbox"/> Tyke													
<input checked="" type="checkbox"/> Bantam	<input checked="" type="checkbox"/> Junior	<input checked="" type="checkbox"/> Midget	<input checked="" type="checkbox"/> Mini Tyke	<input checked="" type="checkbox"/> Novice																		
<input checked="" type="checkbox"/> PeeWee	<input checked="" type="checkbox"/> Senior	<input checked="" type="checkbox"/> Tyke																				
Categories:	<table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Advanced</td> <td><input type="checkbox"/> Checking / Body Checking</td> <td><input type="checkbox"/> Cradling</td> </tr> <tr> <td><input type="checkbox"/> Decision Drills</td> <td><input type="checkbox"/> Defensive Drills</td> <td><input type="checkbox"/> Dodging</td> </tr> <tr> <td><input type="checkbox"/> Face-off Drills</td> <td><input type="checkbox"/> Goaltender Drills</td> <td><input type="checkbox"/> Intermediate</td> </tr> <tr> <td><input type="checkbox"/> Novice</td> <td><input type="checkbox"/> Offensive Drills</td> <td><input type="checkbox"/> Passing / Catching</td> </tr> <tr> <td><input type="checkbox"/> Pre-Game (Warm-up)</td> <td><input type="checkbox"/> Running</td> <td><input type="checkbox"/> Scooping</td> </tr> <tr> <td><input checked="" type="checkbox"/> Shooting</td> <td><input type="checkbox"/> Shooting Drills</td> <td><input type="checkbox"/> Special Situation Drills</td> </tr> <tr> <td><input type="checkbox"/> Special Team Drills</td> <td><input type="checkbox"/> Transition Drills</td> <td></td> </tr> </table>	<input type="checkbox"/> Advanced	<input type="checkbox"/> Checking / Body Checking	<input type="checkbox"/> Cradling	<input type="checkbox"/> Decision Drills	<input type="checkbox"/> Defensive Drills	<input type="checkbox"/> Dodging	<input type="checkbox"/> Face-off Drills	<input type="checkbox"/> Goaltender Drills	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Novice	<input type="checkbox"/> Offensive Drills	<input type="checkbox"/> Passing / Catching	<input type="checkbox"/> Pre-Game (Warm-up)	<input type="checkbox"/> Running	<input type="checkbox"/> Scooping	<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> Shooting Drills	<input type="checkbox"/> Special Situation Drills	<input type="checkbox"/> Special Team Drills	<input type="checkbox"/> Transition Drills	
<input type="checkbox"/> Advanced	<input type="checkbox"/> Checking / Body Checking	<input type="checkbox"/> Cradling																				
<input type="checkbox"/> Decision Drills	<input type="checkbox"/> Defensive Drills	<input type="checkbox"/> Dodging																				
<input type="checkbox"/> Face-off Drills	<input type="checkbox"/> Goaltender Drills	<input type="checkbox"/> Intermediate																				
<input type="checkbox"/> Novice	<input type="checkbox"/> Offensive Drills	<input type="checkbox"/> Passing / Catching																				
<input type="checkbox"/> Pre-Game (Warm-up)	<input type="checkbox"/> Running	<input type="checkbox"/> Scooping																				
<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> Shooting Drills	<input type="checkbox"/> Special Situation Drills																				
<input type="checkbox"/> Special Team Drills	<input type="checkbox"/> Transition Drills																					
Disciplines:	<table style="width: 100%; border: none;"> <tr> <td><input checked="" type="checkbox"/> Box Lacrosse</td> <td><input checked="" type="checkbox"/> Men's Field Lacrosse</td> <td><input checked="" type="checkbox"/> Women's Field Lacrosse</td> </tr> </table>	<input checked="" type="checkbox"/> Box Lacrosse	<input checked="" type="checkbox"/> Men's Field Lacrosse	<input checked="" type="checkbox"/> Women's Field Lacrosse																		
<input checked="" type="checkbox"/> Box Lacrosse	<input checked="" type="checkbox"/> Men's Field Lacrosse	<input checked="" type="checkbox"/> Women's Field Lacrosse																				