

Coaching Girls Lacrosse: SHOOTING

SHOOTING TECHNIQUE

- Shooting form (similar to throwing)
 - Arms up away from the body, stick back behind you
 - Bottom hand up in front of the body
 - Engage your hips/torso; square hips and shoulders to cage before shooting
- Push/pull motion
 - Bottom hand pulls; top hand pushes
 - Follow through across torso to the opposite side of your body
- Keep your feet moving towards the cage and always run through your shot

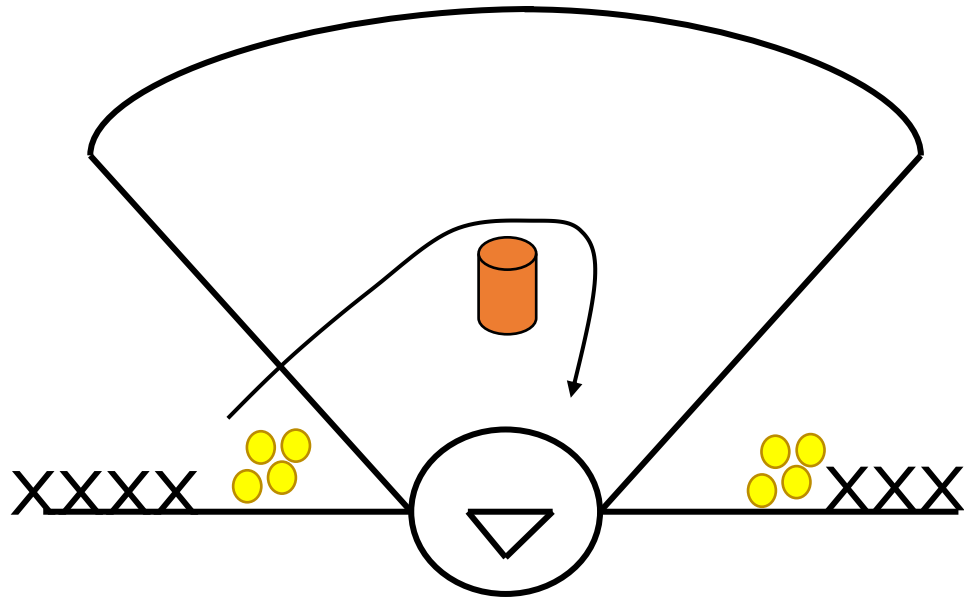
SHOOTING ON GOAL

- Sight the goal
 - Don't look at the goalkeeper
 - Always aim 6-8 inches inside the net
 - Corners are an excellent place to shoot, but an even better place to shoot is where the goalie is not
- Power vs. placement
 - Shooting for power/pace to limit the goalkeeper's reaction time
 - Take some speed off of the shot, focus on faking and improving accuracy
- When shooting off a feed, always make sure to catch the ball before attempting to shoot

SHOOTING DRILLS

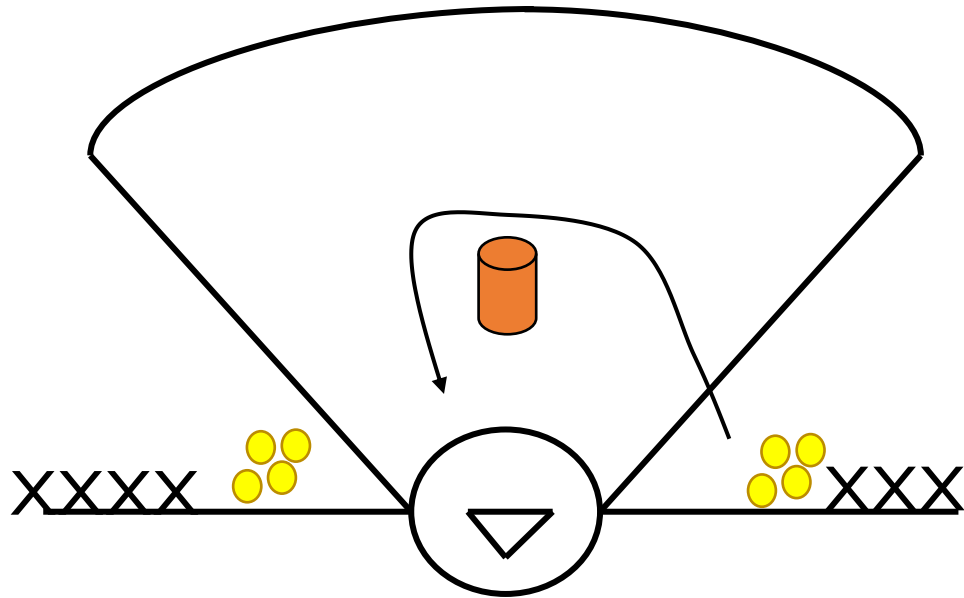
SHOOTING DRILLS: BUCKET DRILL

BUCKET DRILL



- Two lines form to the left and right of the goal on the goal line extended; each line has a pile of balls
- The bucket is placed at the 5-6M
- The first player in the left line picks up a ball (or flips it to herself or throws a ground ball to herself); she runs around the bucket and takes a shot

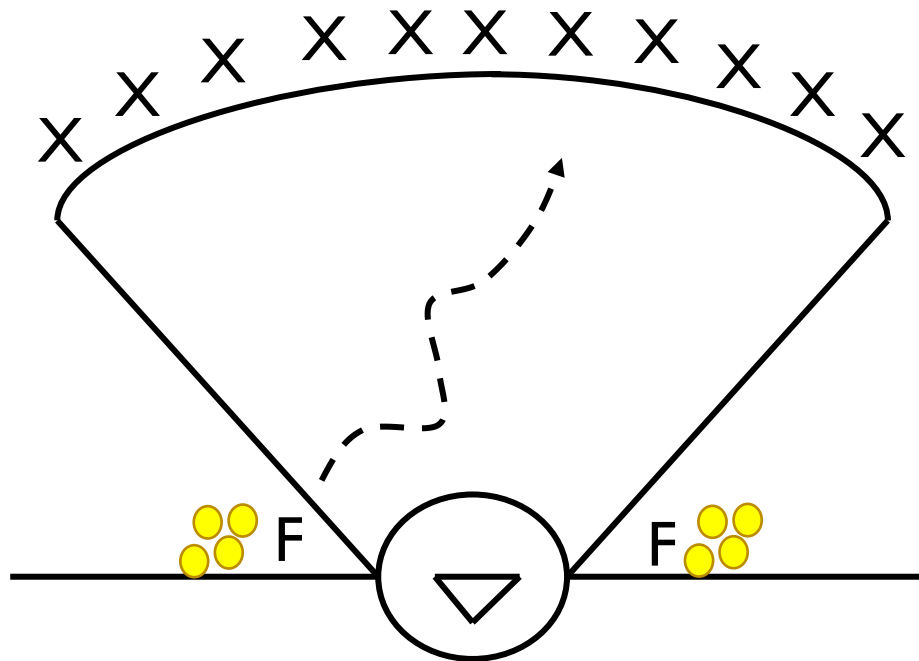
BUCKET DRILL



- The first player in the right line picks up a ball (or flips it to herself or throws a ground ball to herself); she runs around the bucket and takes a shot
- The emphasis should be on proper shooting technique, squaring to the cage and running through the shot

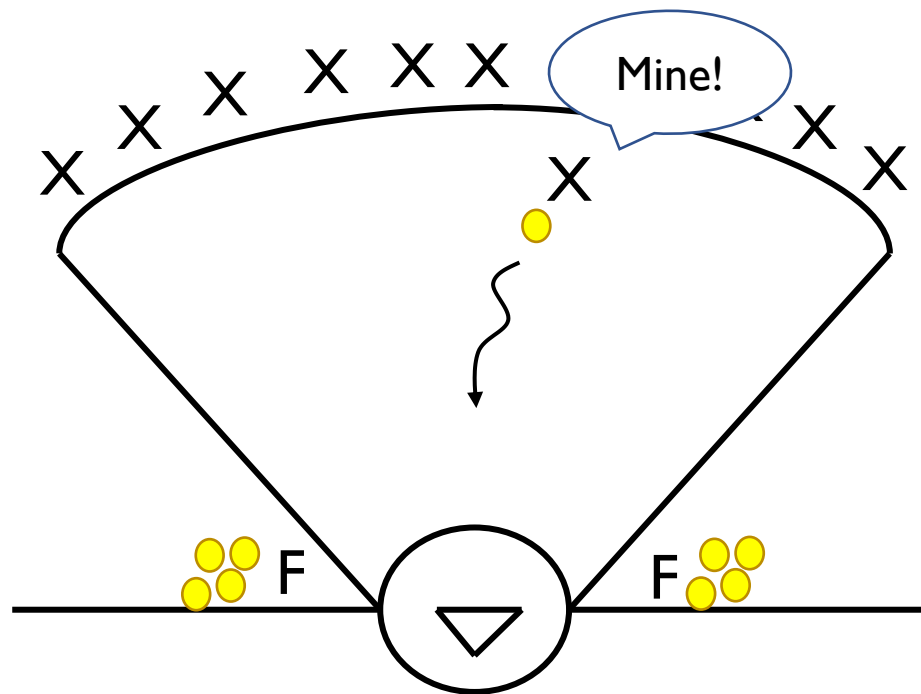
SHOOTING DRILLS: 'MINE' SHOOTING DRILL

'MINE'



- The team spreads out across the 8M (or approximately 20 yards away from the goal); each feeder stands above the goal line extended with a pile of balls
- The feeders take turn rolling ground balls; the feeders are not trying to roll the ground balls to a specific person, rather into space

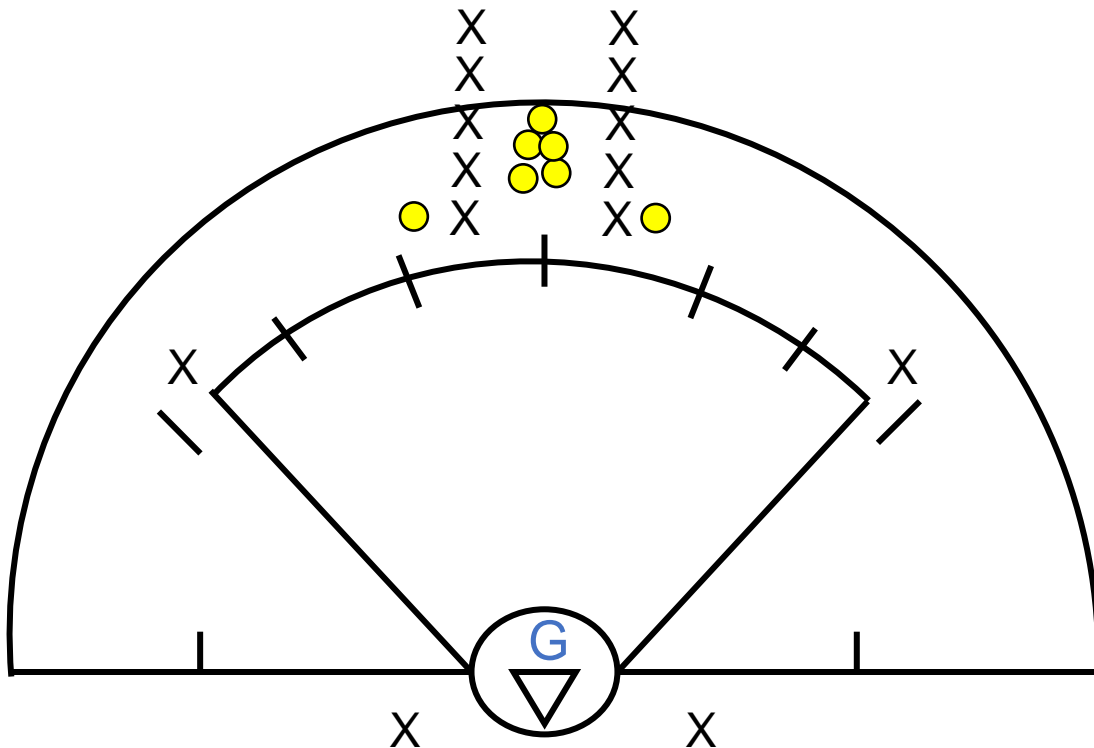
'MINE'



- The players have to call 'mine,' pick up the ground ball, and take a shot
 - If the ball goes beyond the team, the players have to do some fitness 'penalty.' (Push ups, jumping jacks, etc.)
- If a player bobbles the ground ball or misses the shot, she is out.
- The last player on the 8M wins!

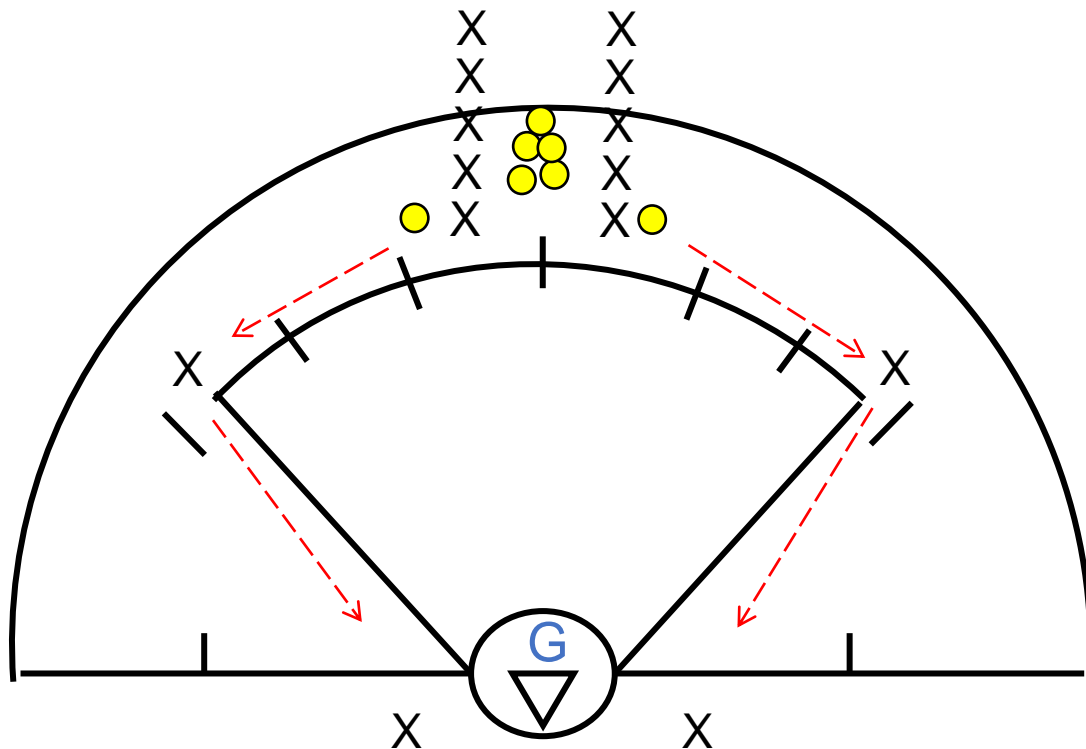
SHOOTING DRILLS: WILDCAT SHOOTING DRILL

WILDCAT SHOOTING DRILL



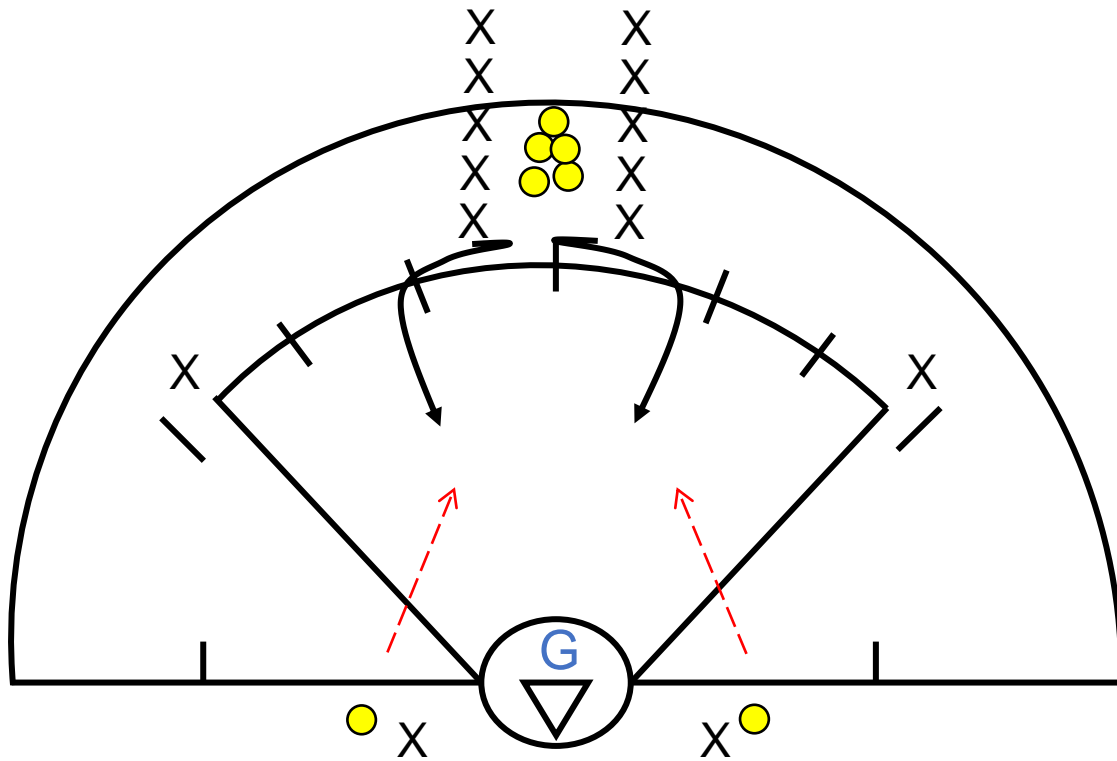
- Two lines of players each with a pile of balls are formed in between the 8M and the 12M
- One player on either side of the crease and one player on either elbow of the 8M.
- The three players on the right-side complete the passing pattern and end with a shot on goal; then the left side repeats to the other direction.

WILDCAT SHOOTING DRILL



- The player in the top right line picks up a ball.
- She passes the ball to the player at the elbow and drifts up to the center of the 8M.
- The player on the elbow passes the ball down to the player on the crease.
- The player on the crease then passes the ball back to the player who originally started with it as she cuts towards the goal for a shot.

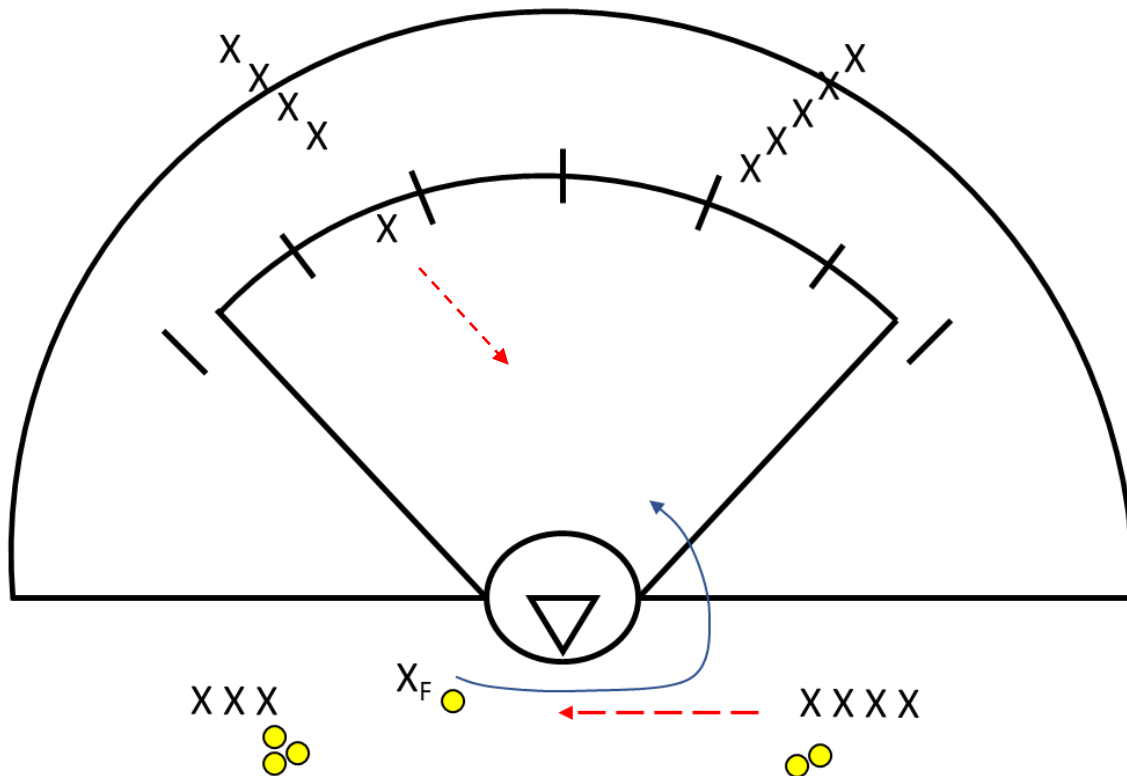
WILDCAT SHOOTING DRILL



- The drill then repeats in the same pattern with the players on the left side.
- The rotation is as follows: the shooter becomes the low feeder; the low feeder becomes the passer on the elbow; and the passer on the elbow goes to the end of the line to become the cutter/shooter.

SHOOTING DRILLS: COUGAR SHOOTING DRILL

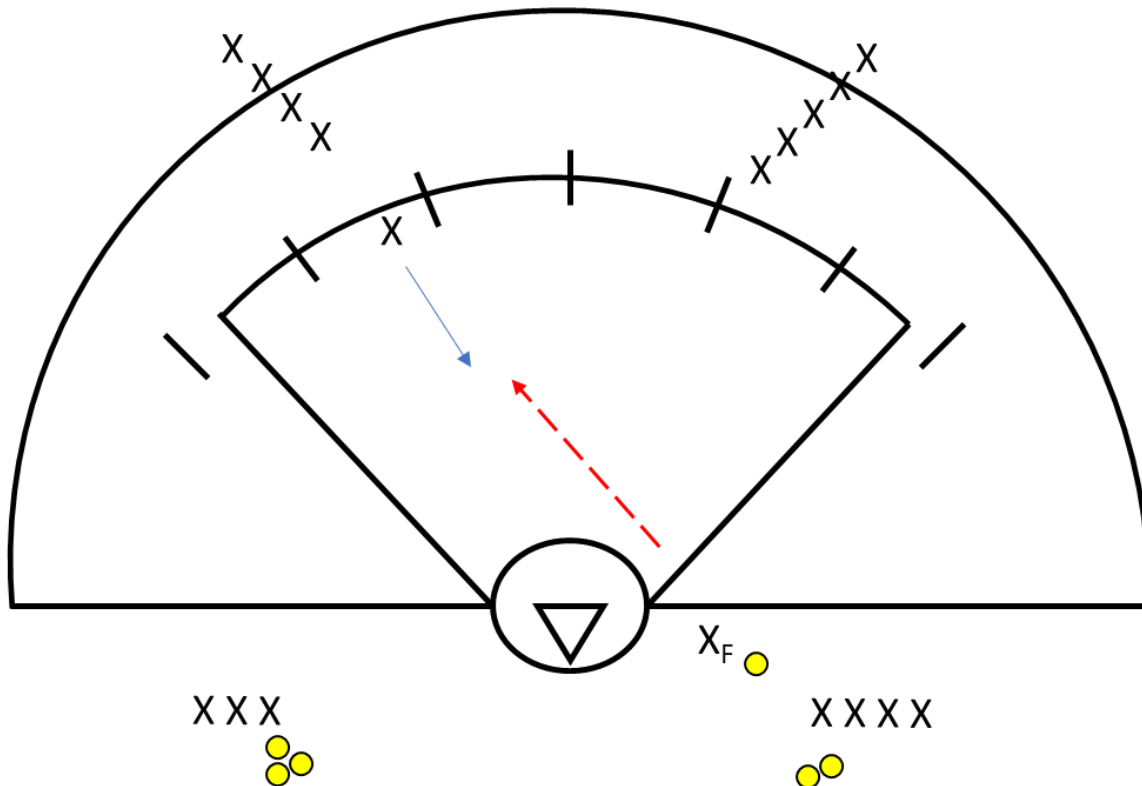
COUGAR SHOOTING DRILL



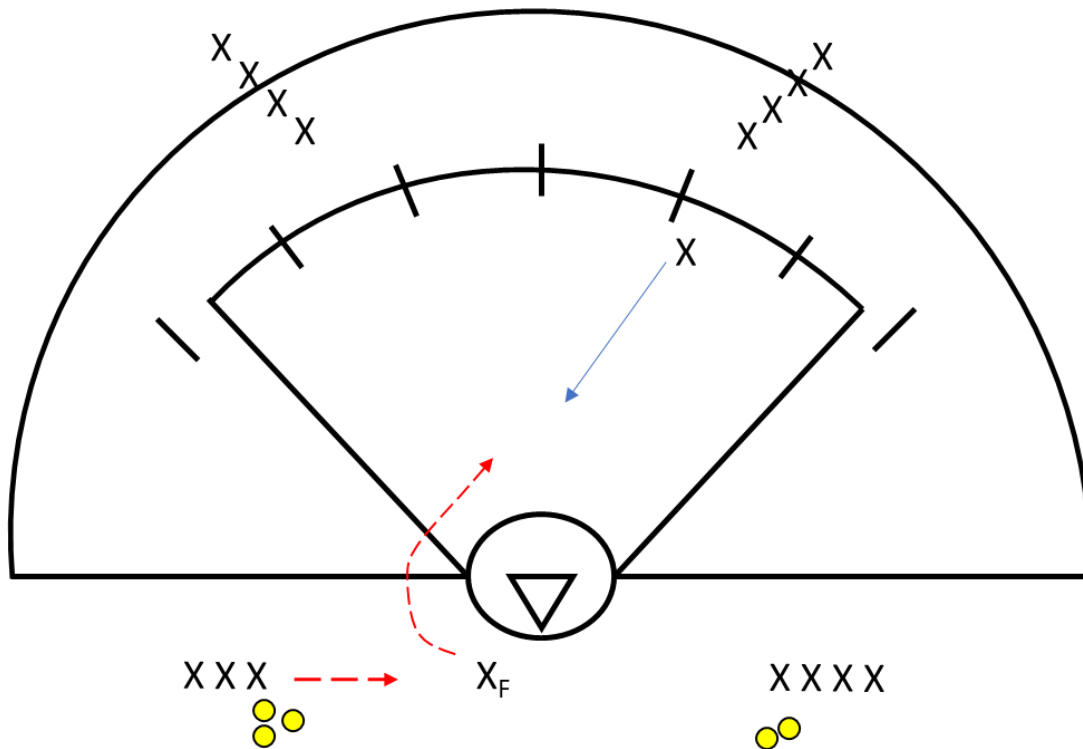
- Two lines of players form at the 12M. 2 lines of players are behind the goal, standing to the right and the left of each post with a pile of balls.
- One player at a time is selected to be the “feeder.” Each feeder makes two passes (one to each top line.) Feeds are always made on the diagonal.
- The feeder cuts to the line on the right, receives the pass and curls the crease.

COUGAR SHOOTING DRILL

- The feeder passed the ball to the first person in shooting line on the diagonal. The receiver takes a shot.



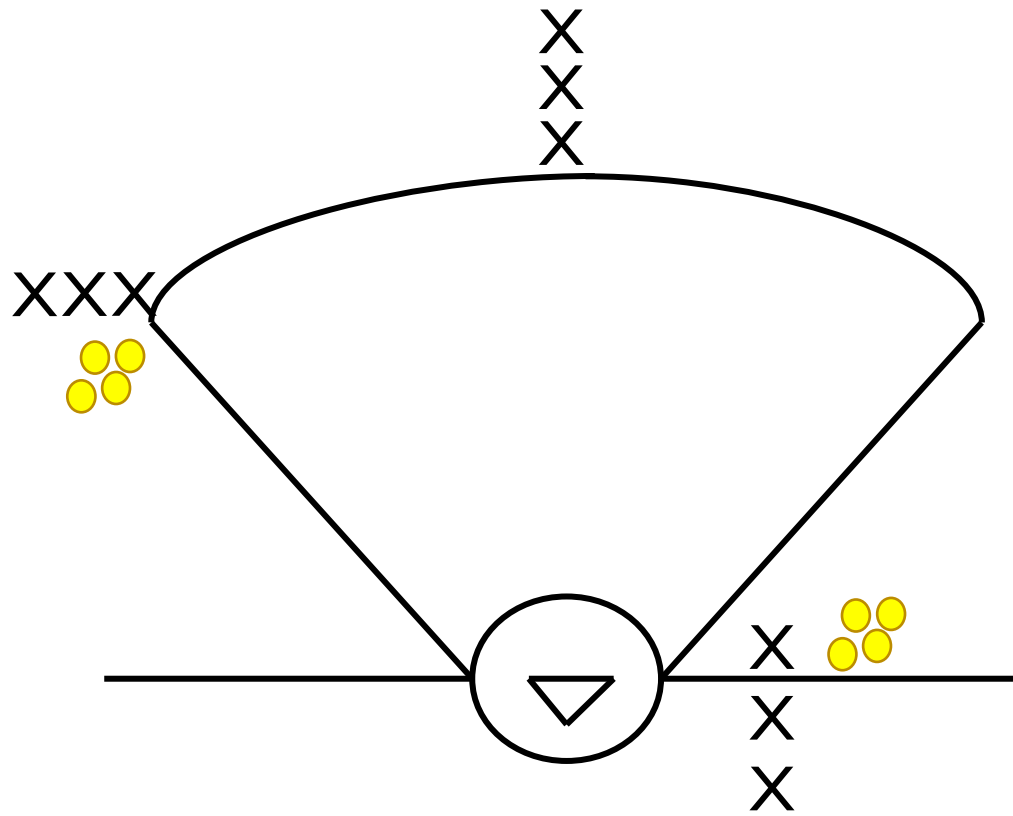
COUGAR SHOOTING DRILL



- The feeder then cuts back to the left line, receives the pass, curls the crease and feeds the opposite shooting line.
- The receiver takes a shot.
- The next player in the opposite low line becomes the next feeder.

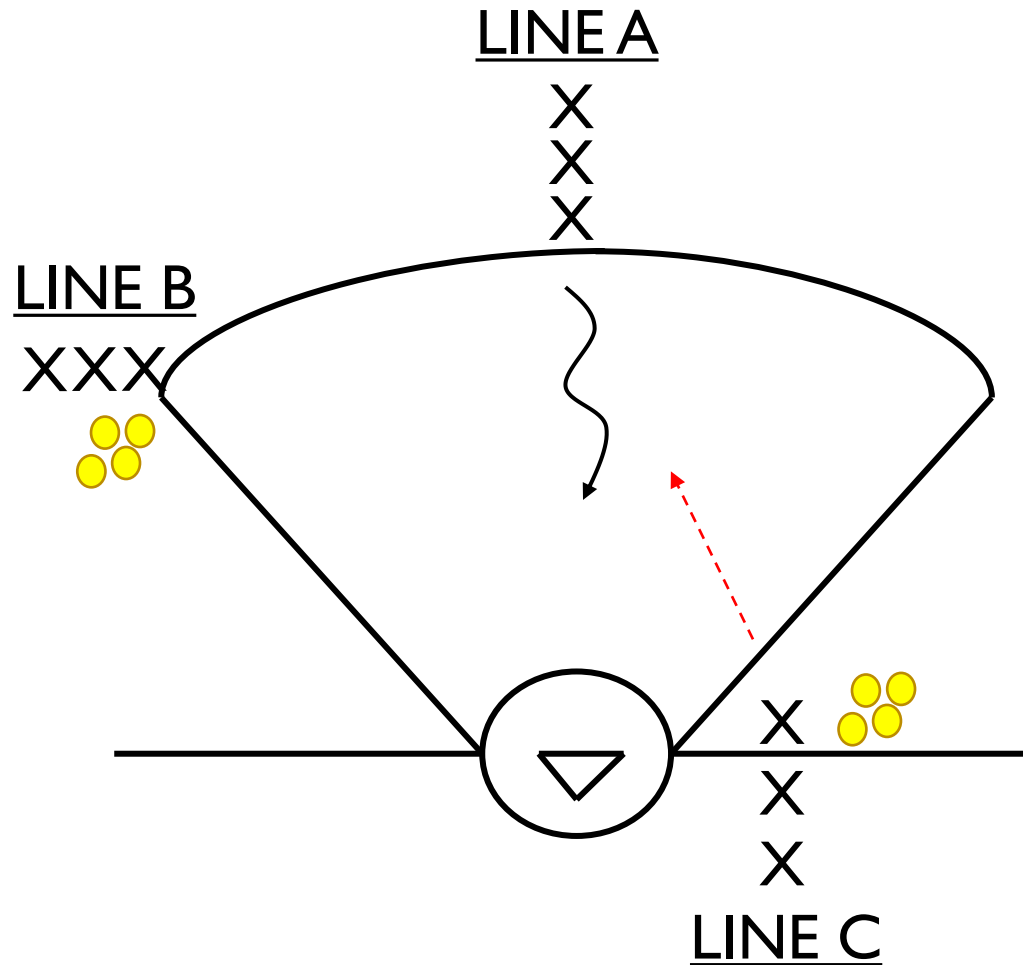
SHOOTING DRILLS: 3 LINE SHOOTING

3 LINE SHOOTING



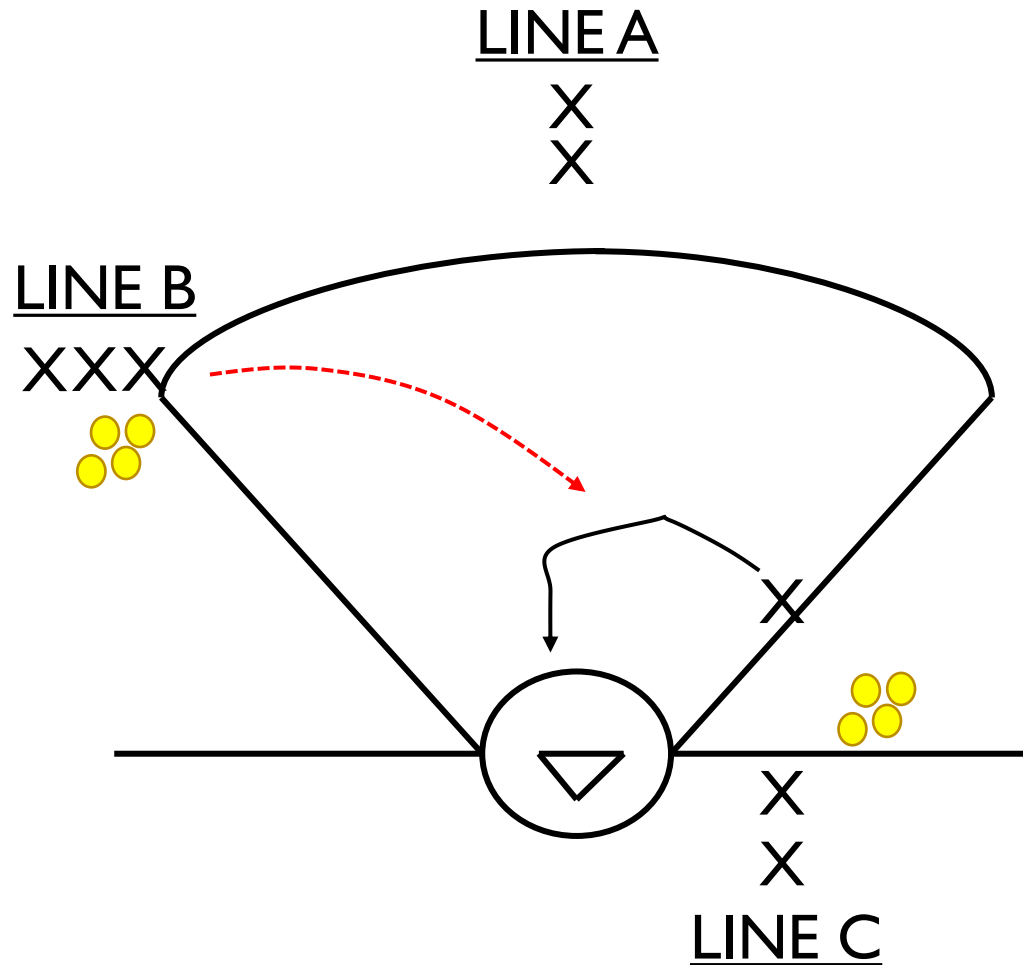
- Drill Set Up
 - 3 lines: 1 up top around the 12M, 1 behind the goal, and 1 on the side of the 8M opposite the line behind
- Line A = Shooting Only, Line B = Feeding Only, Line C = Feeding and Shooting
- The line on the elbow and the line behind should each have a pile of balls

3 LINE SHOOTING



- Line C feeds Line A; The player in Line A catches and shoots
- The player who just fed Line A waits for the shot to be taken, then curls into the 8M to receive the next pass.

3 LINE SHOOTING



- Line B feeds Line C; Line C catches and shoots
- Continue repeating the pattern; players should rotate clockwise