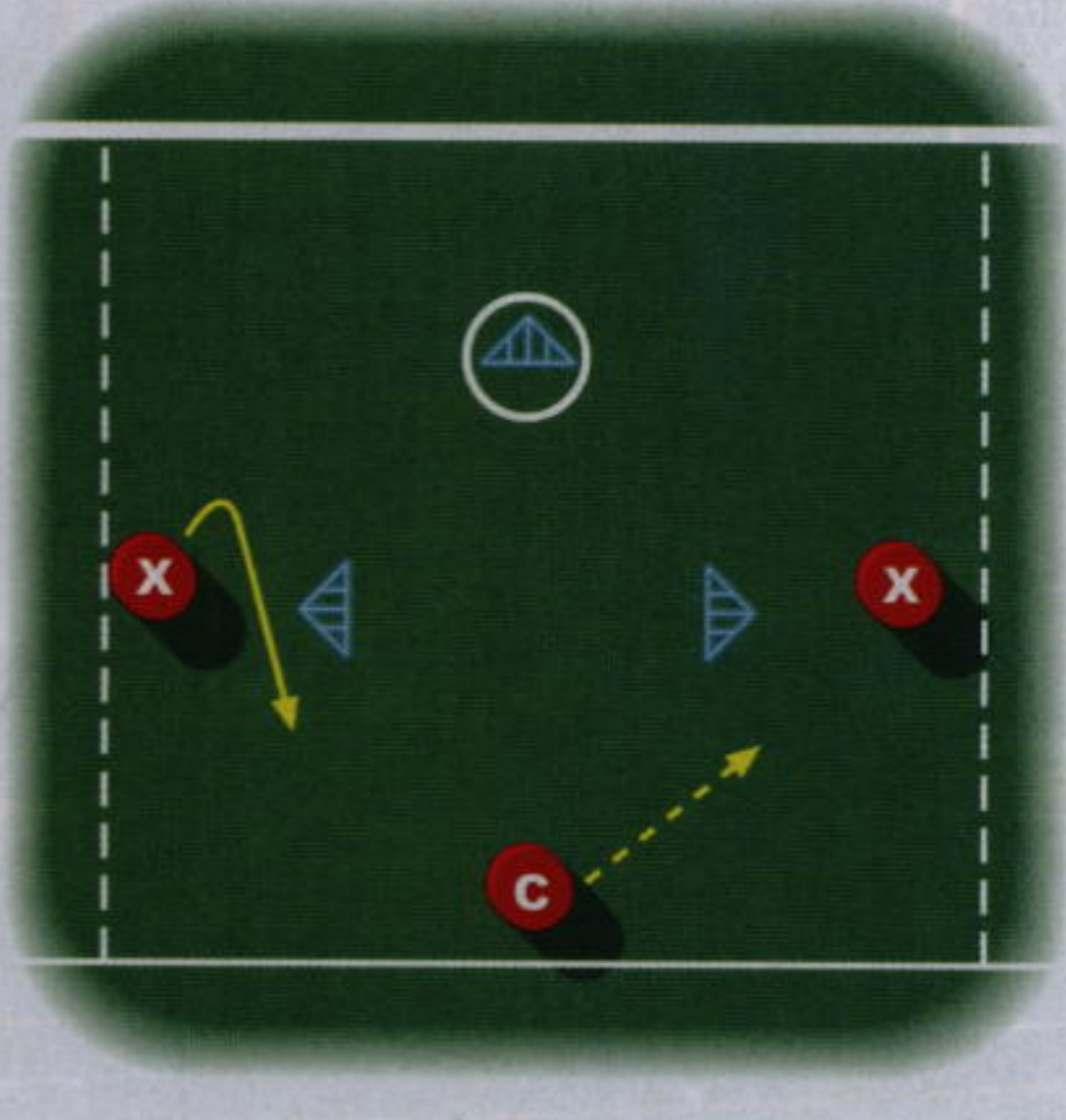


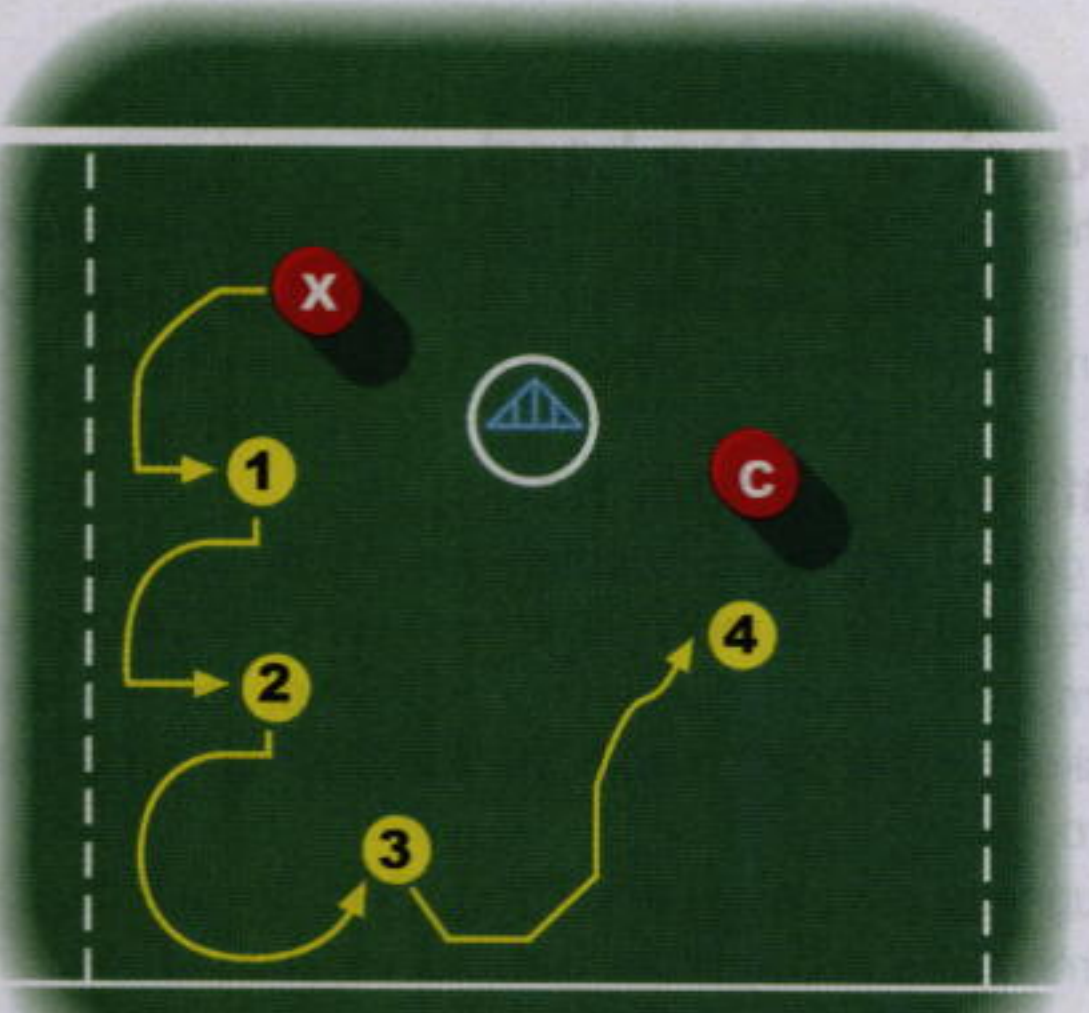
### Three Drills to Develop Shooters

courtesy of Matt Kerwick, Hobart men's lacrosse coach



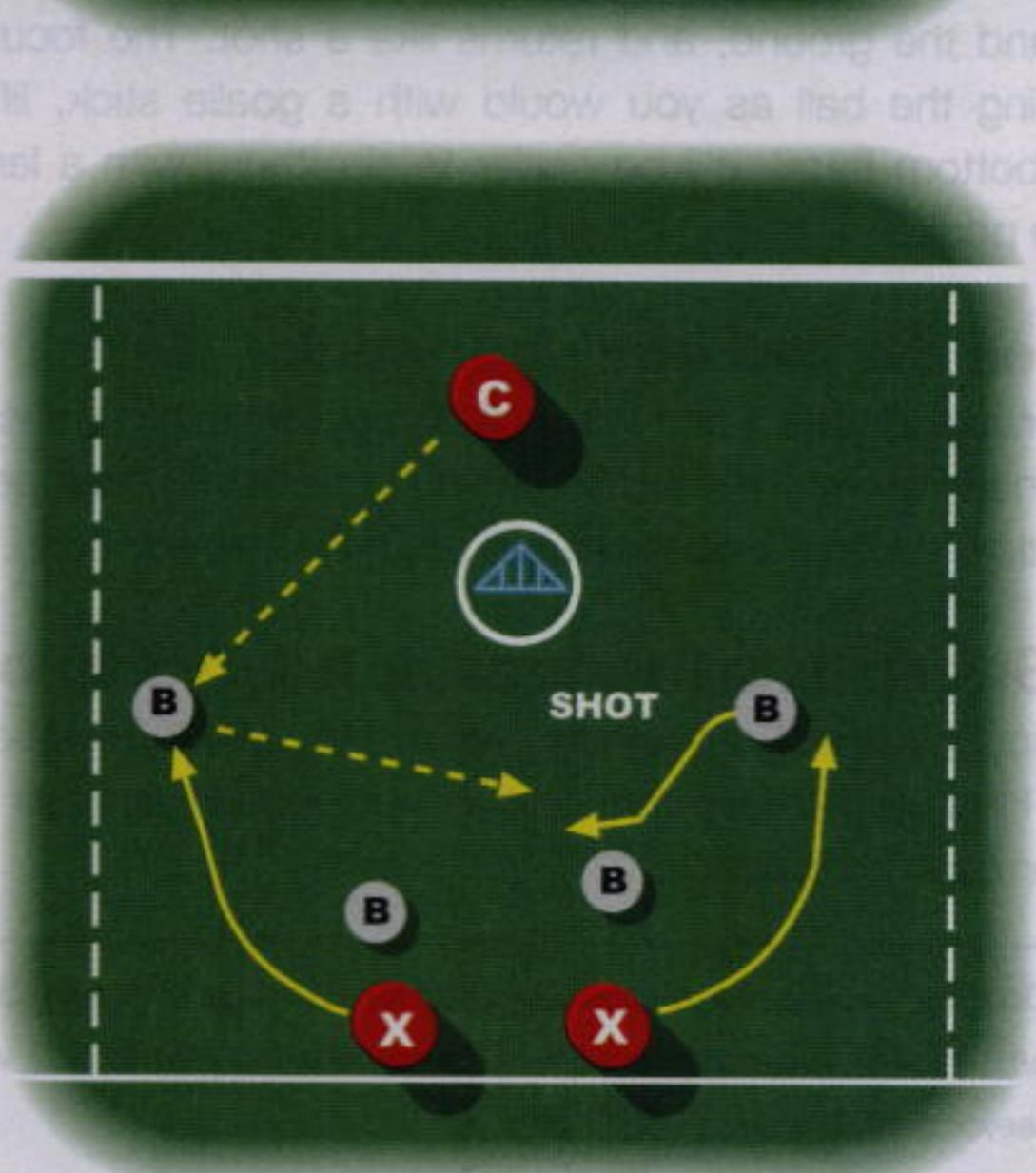
#### Shoot Over Goal

This drill helps players develop the habit of shooting overhand. It's the first drill Matt Kerwick introduces to his Hobart men's lacrosse players in the fall. "It's a big problem, all these guys shooting side-armed," Kerwick says. "Perhaps it's a function of the sticks, but they're really dropping it." To rectify it, set up two extra cages about 15 yards from the crease in the shooting lanes, and force your players to shoot over the crossbar at the original goal. Even shorter players can perfect it, if their mechanics are correct.



#### 3 Spot

This drill is about repetition. Arrange a line of shooters behind the cage, with a feeder on the opposite wing with a bucket of balls. Set up three shooting stations, starting with a cone just above goal line extended, with two more cones arranged in five-yard increments. At each station, the shooter receives a feed and fires an instantaneous shot. After the third station, the shooter cuts to the goal and must finish a feed in tight. (This is also a valuable drill to develop a goalie's reflexes and reaction time.)



#### "One More"

This drill enforces the extra pass for a would-be shooter. Set up two lines at the top of the restraining box, with a feeder behind the cage. Both players up top must show out to the wings, and the feeder has the option of passing to the near wing or a skip pass to the far wing. The player who catches the pass continues toward the goal. The player on the opposite wing curls back into the shooting lane and calls for "one more." The player who initially received the pass rolls back and makes one more pass to his counterpart, who catches and shoots.