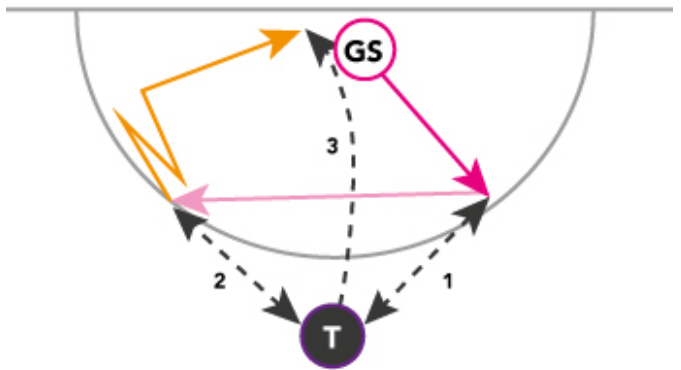


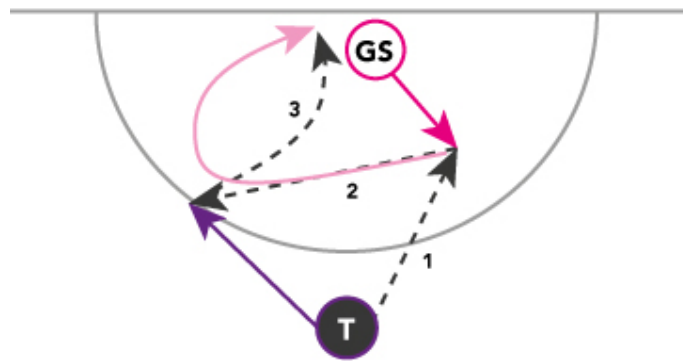
Shooting Agility 1

- Shooter drive on 45°, receive and return.
- Drive a hard flat lead across circle – receive OSLP then return pass to thrower.
- Double dodge and explode to post.
- Thrower put in a $\frac{3}{4}$ shoulder pass. (Not a lob and not a flat shoulder – in between).



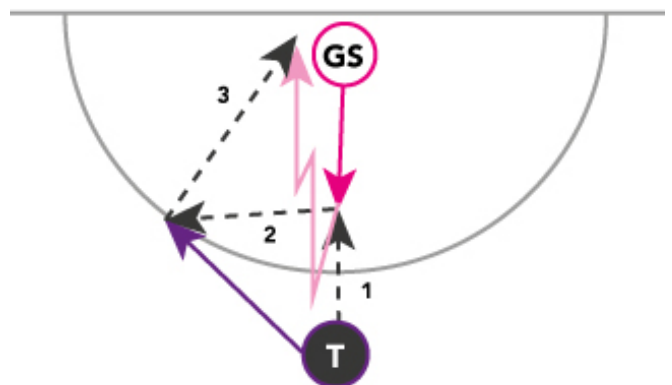
Shooting Agility 2

- Shooter drive on 45°, receive and return to thrower on the move, use a bounce pass.
- Follow the pass to top high 45°, then full roll / flip off to post. (Alternate a full roll off with a drive and drop).
- Drive and drop – stay facing the same way on both moves.



Shooting Agility 3

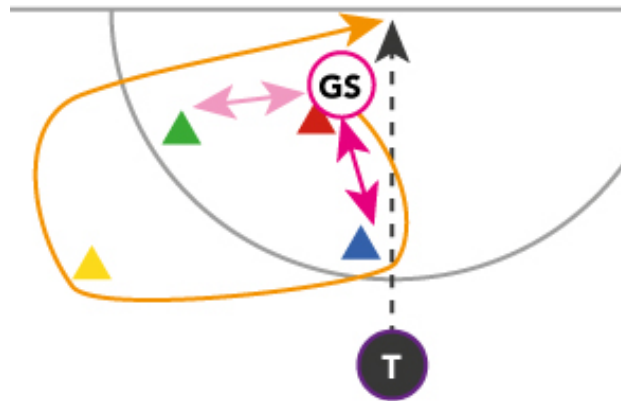
- Shooter drive to top of circle – receive.
- Pass off to Thrower on the move to the 45°.
- Shooter to keep driving out of the circle for a couple of more steps, then turn and explode toward the post – put in a drive break drive move.
- Shooter receive pass at the post.



Shooting Agility 4

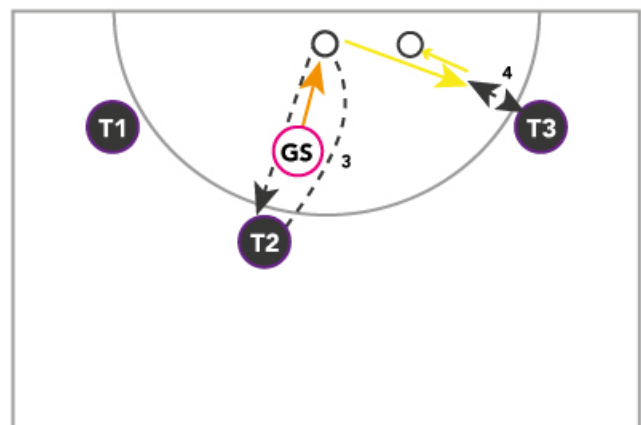
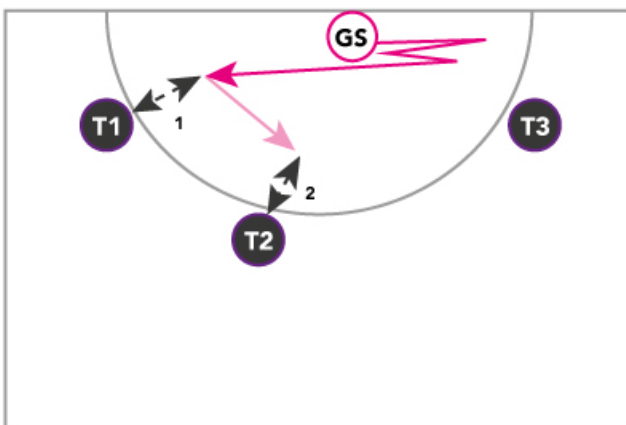
- Shooter start at red cone.
- Sprint to blue back to red.
- Sprint to green back to red.
- Sprint to blue then clear around yellow.
- COP around yellow then explode to the post.

TIP: Make sure you are sprinting between the cones not slide or ski stepping. They could be other options to change footwork.



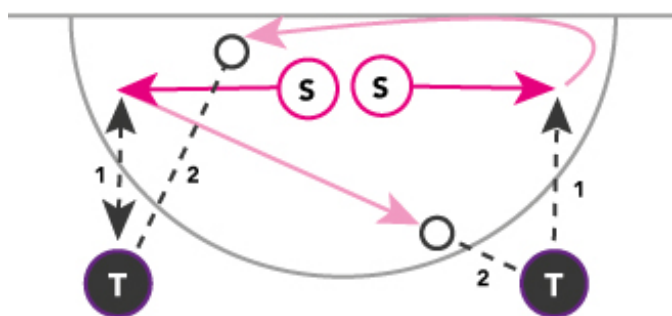
Shooting Agility 5

- Each Thrower has a ball.
- Double dodge, sprint forward pick up loose ball and return to T1.
- Shooter sprint to T2 work 3 reaction balls, drop for lob pass, shoot. Rebound return ball to T2.
- Sprint to T3, receive, front up to post to force defender back 0.9m, shuffle shot.



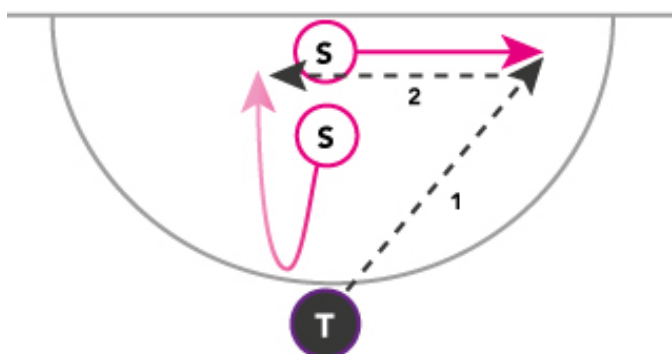
Shooting Agility 6

- Both shooters stand close side by side.
- Explode out to the circle edge on a lateral lead (don't cheat – sprint all the way to CE).
- Receive pass from thrower on that side.
- Give it back and then cross over, designate one shooter on high lead other on flat goal line lead.
- Shooter on high lead is on 3 sec shot.
- Shooter on flat goal line lead is on a 1 sec shot.
- When the shooters cross over they receive from the opposite thrower.



Shooting Agility 7

- Shooter 1 drive hard along goal line.
- Shooter 2 drive hard to top of goal circle & roll off back to post.
- Thrower hit S1 with a hard flat pass on their inside shoulder to promote an inside pivot. This will allow them to quickly pass a give and go to S2.
- S1 fast flick processing of ball back to S2 driving to the post.



Shooting Agility 8

- 2 shooters both offer.
- One receive and return ball to thrower.
- Deeper of two leads take goal line (Read & Time).
- Other clear then front cut to the top.
- Concentrate on change of pace to create timing.
- Goal line shooter "Time" don't over run.
- Read body – should be no need for call of top or bottom.

