

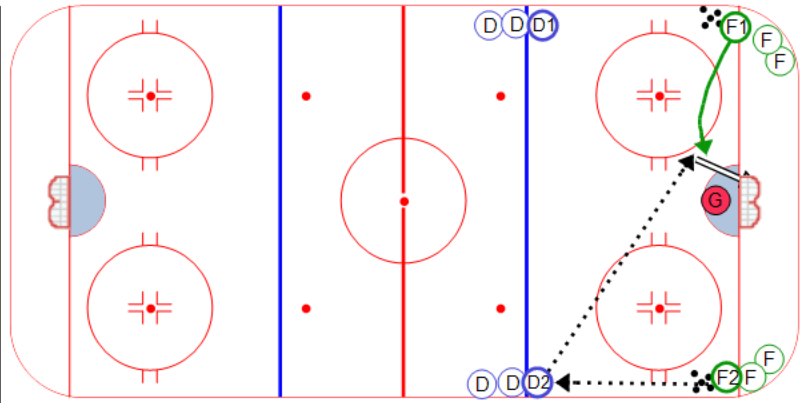
Title : Wildcat One Time Drill

Content elements:

Components :

Description

This is a quick drill that requires quick, hard passes. It is a great opportunity for forwards to work on their one-time shot, the defense to work on accurate passes, and the goalies to work on their lateral movement. In the diagram, F2 begins the drill with a hard accurate pass to D2. D2 fires a hard pass to F1 coming out of the corner. F1 needs to time their break to the net so they receive the pass from D2 just outside the far post.



Key Points :