

### “Alley shooting“

Start with a ball approximately 25 yards away from the cage with the stick in your inside hand. Run at a pre-determined spot/target 5 yards away from you, in between you and the cage, acting as if it is a defender. Split from your inside hand to your outside hand making sure to “knife your shoulder through“ so that your back is facing the defender as you run past it.

Maintain your shoulder facing toward the cage, not your chest, the entire time as you run downhill toward the cage. When you get to approximately 15 yards away from the cage reach your stick head back while still pointing your shoulder toward the cage to load your shot. Then while still running full speed take a shot trying to shoot the ball low and away from whatever side of the cage you are currently on.

### “Hitch and go shooting”

Start with the ball 5-7yds above GLE in either the right wing or left wing of the field, outside the side of the restraining box (20yds away from the cage). In other words, you should be looking toward the sideline not the end line.

With the stick in your “underneath hand“ run at a pre-determined spot/target 5 yards away from you, in between you and the cage, acting as if it is a defender. Split to your “topside“ hand. Once you get 3-5 yards closer to the cage step down hard toward the cage turning your body and head simulating a shot, but do not shoot. This motion will freeze a goalie. That is called a hitch. Remember not to come to a complete stop while doing your hitch, and maintain your speed toward the cage, because 2–3 yards after your hitch you will actually shoot. In a game situation you will obviously be shooting to where the goalie is not. During this drill focus on shooting low and away from where ever you start on the field.

Do both of these drills until you reach at least 40 shots. Then switch the drill to the other side so that you can do them with your other hand. While doing shooting and dodging work you want to keep in mind the following points of emphasis.

While dodging you should always be going FULL speed. It doesn't help to work on dodging at anything other than full speed. There should always be a change of speed when coming out of a dodge. You should almost always be trying to use your body to protect your stick while dodging past a defender.

While shooting in these two drills you should always be trying to shoot as hard as you can. Practicing shooting at game speed will help you become more accurate. Focus on the the three keys of shooting: **Reach** your arms and stick away from your body, **Twist** and turn at your midsection(core) to get more torque, and **Snap** your wrists at the end.