

Three Man Weave

Drill Specifications

Drill Theme: Shooting, Passing
Floor Position: Full Floor

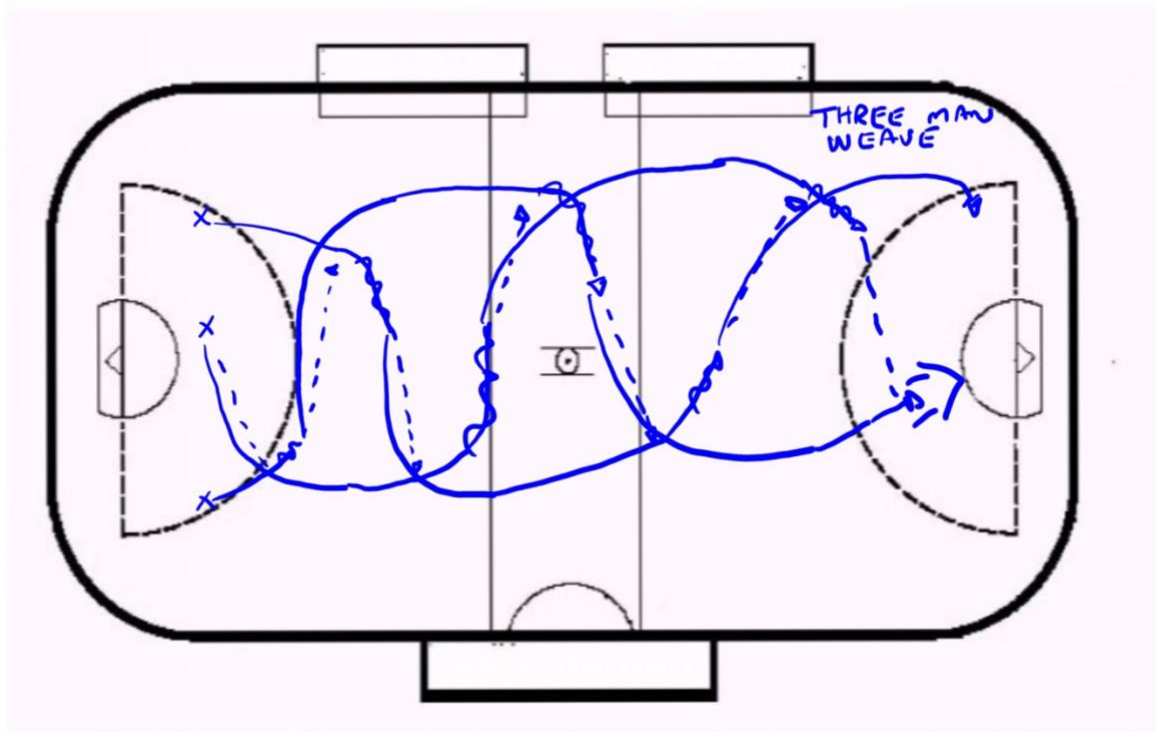
Drill Style: Skills
Time Needed: 10

Objective

This drill is excellent for teaching players coordination while passing and catching while running the length of the floor.

Drill Description

Set up three lines just above the crease. Have the player in the middle line pass the ball to one of the other players and have him follow his pass. The player who catches the ball, moves in a sharp diagonal towards the center of the floor, as he passes the ball to the player on the opposite side of the floor, who is moving diagonally ahead of him. The player who was initially in the middle, has now moved behind the player he threw the ball to, while the player now throwing the ball will proceed to move behind the player that he has passed to. The drill will culminate with one of the three players taking a shot on net.





Skills Practiced

- Shooting
- Passing

Variation

N/A

