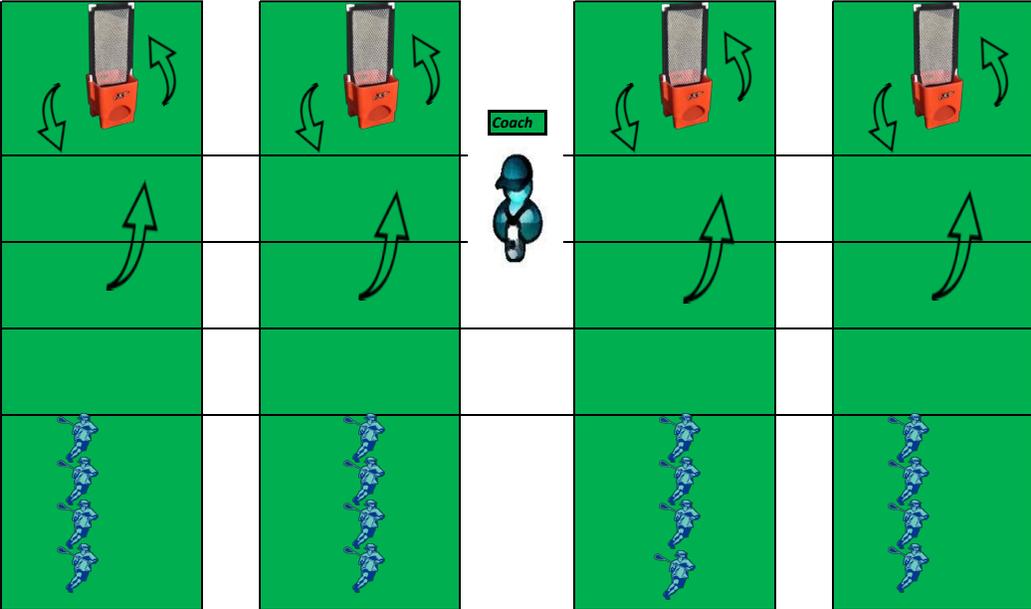


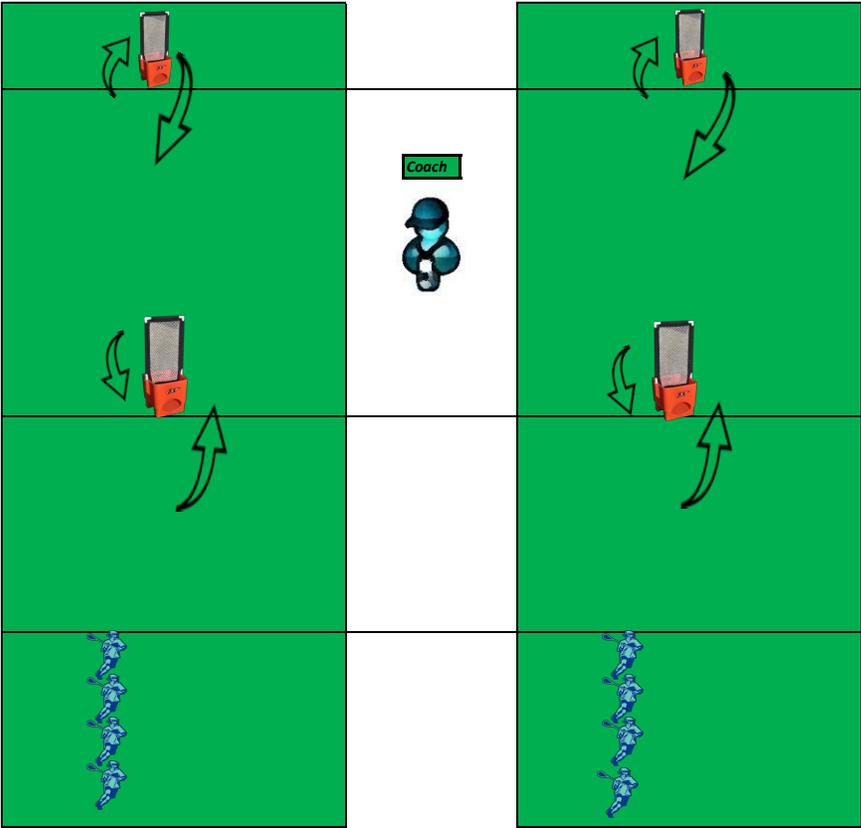
Shoot Out Relay Races - Single

Relay races for speed and shot accuracy. Player runs up, shoots into the ShootnScoop, circles around the back and then scoops a ground ball as they pass back in front then rolling or passing to the next player in line. Winners get to sit and watch the other lines repeat until there is losing team.



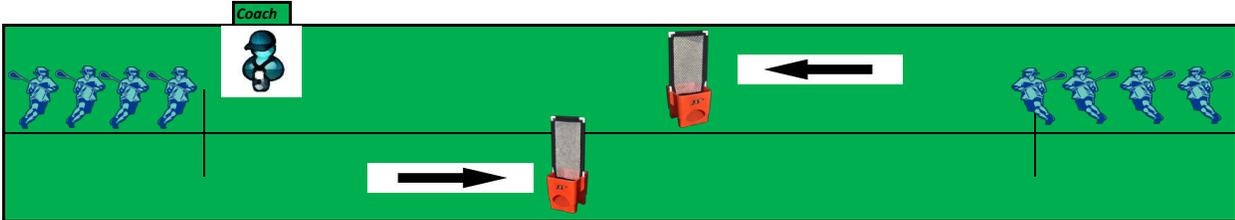
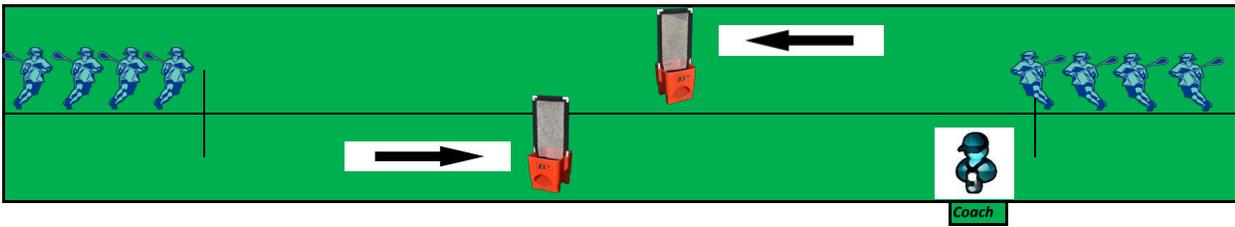
Shoot Out Relay Races - Double Figure 8 Relay

Relay races for speed and shot accuracy. Player face-dodges the 1st ShootnScoop switching hands and continues to the 2nd, shoots, and circles around the back scooping the ground ball on their way back and shoots into the back of the 1st SNS, scoops the ground ball and continues in a figure 8 style rolling or passing to the next player in line.



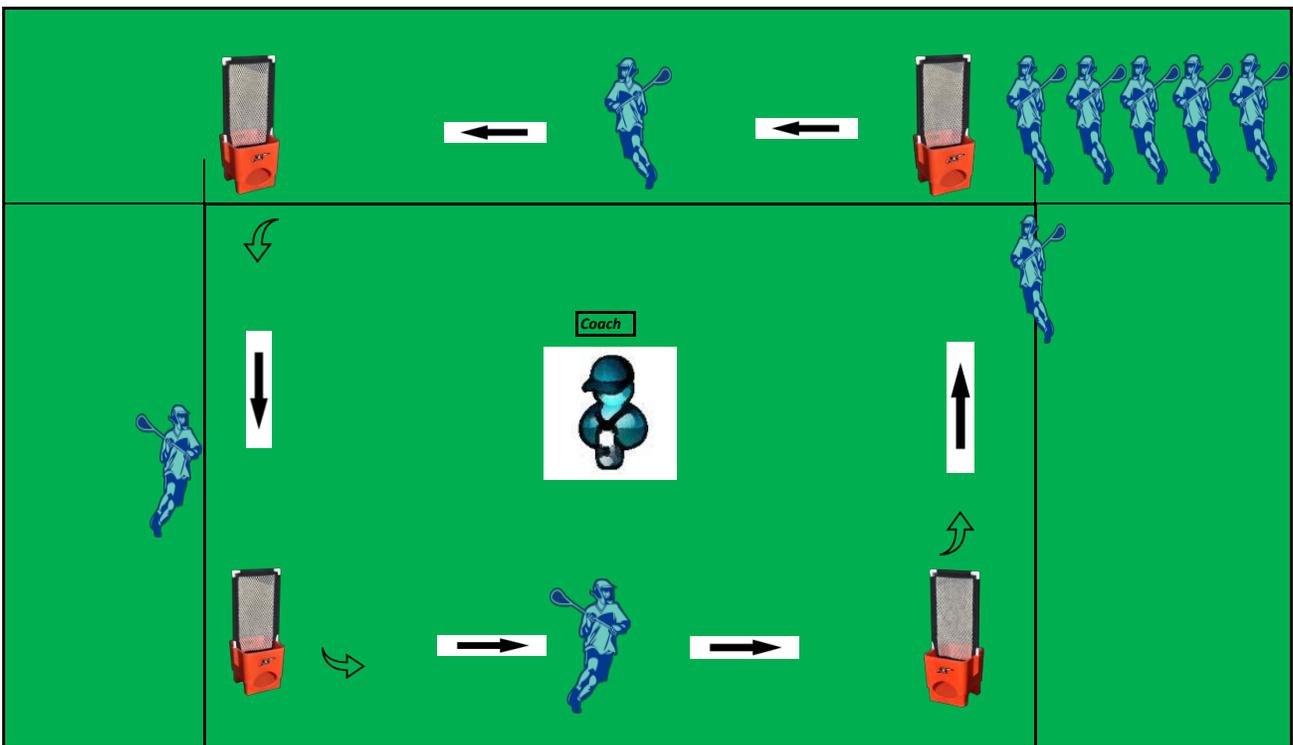
Shoot-n Scoop Line Drills

Players shoot, scoop and roll or pass to the oncoming player in line using left & right hands.



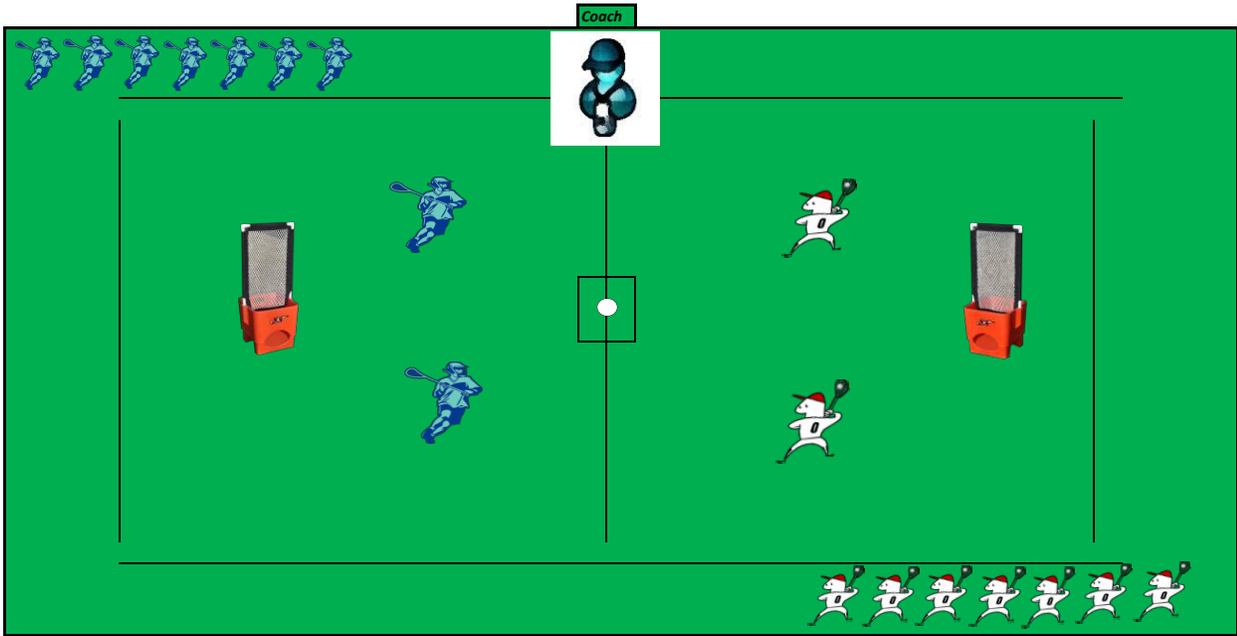
Quad Shoot-n-Scoop Drill

Players shoot and scoop their way through 4 consecutive stations lefty and righty. Action is continuous as first player hits the 2nd station the next in line begins.



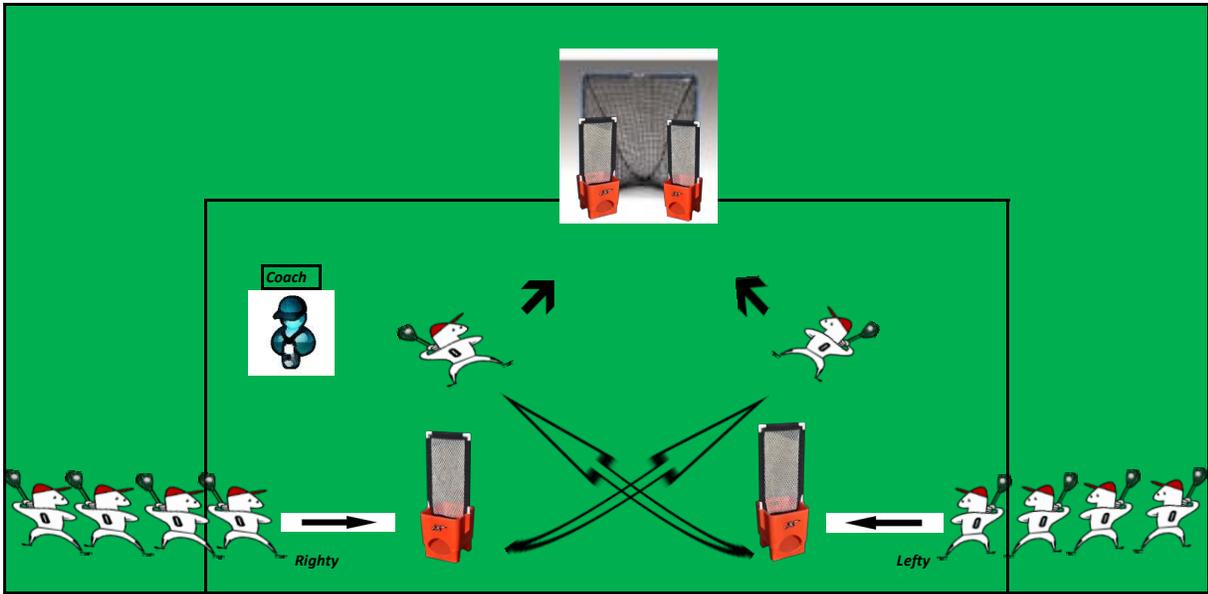
Shoot-n Scoop King of the Hill

Players engage in 2v2 or 3v3 half field bravehearts. All players must touch the ball. Ball is placed midfield with teams at GLE. Teams sprint in and go live to a goal. Winners stay on and losers get back in line.



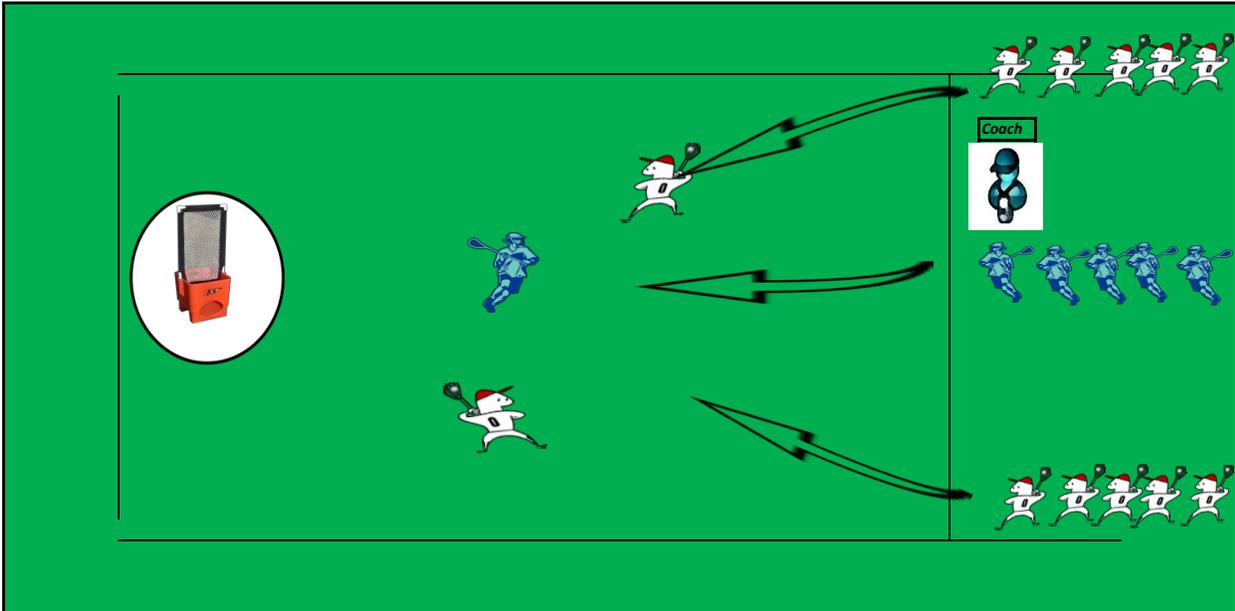
Broken Play Shooting Drill

Righty & Lefty Shoot, Scoop, cut and Shoot Drill aiming cross net. 2 Shootnscoops in the goal and 2 up front.



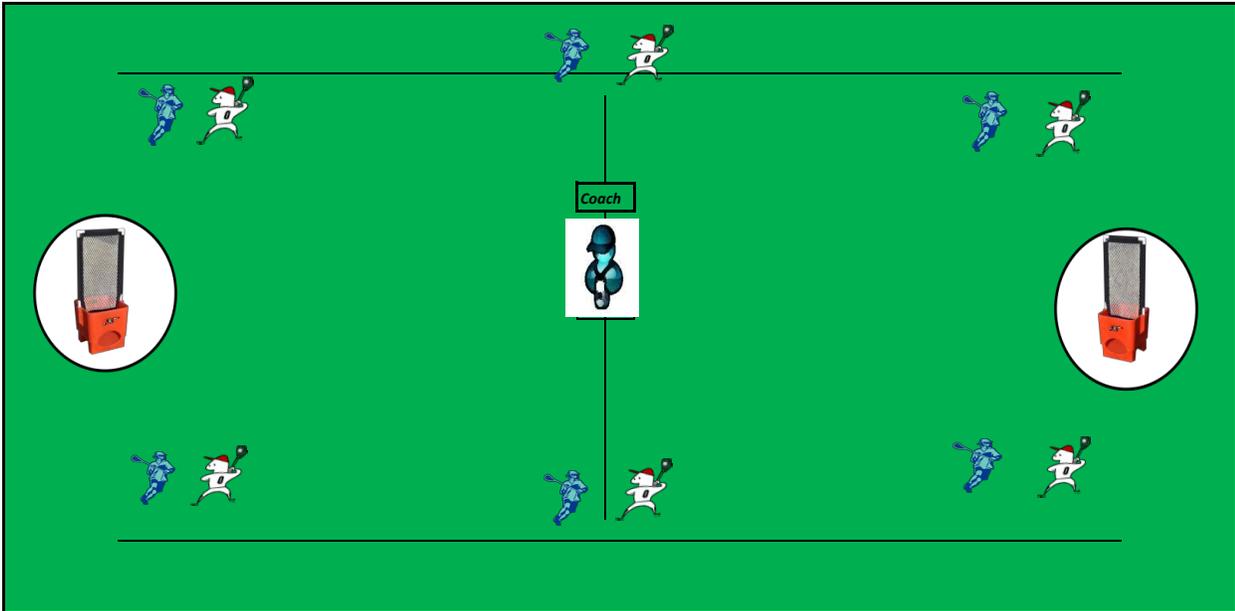
Man Ball Shotgun

Players are divided into 3 lines at one end of the field, coach rolls out a live ground ball and the 2 outside lines go 2 on 1. If the "Team of 2" get the ball they play to a goal on the Shootnscoop. If the "Single" gets the ball they clear it back to the coach.



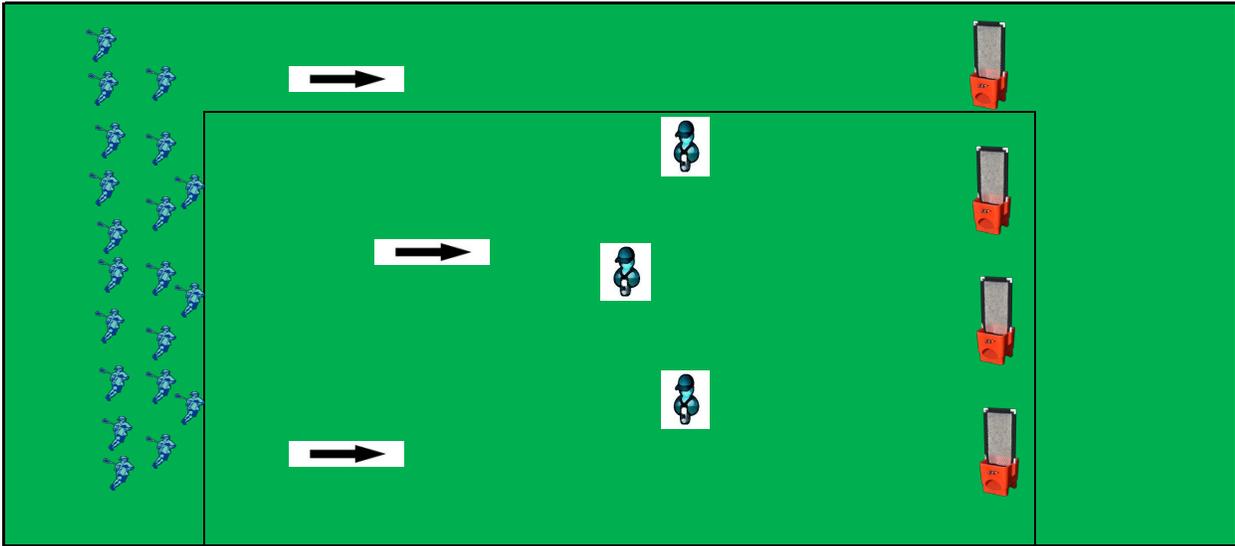
Small Ball 6v6 Box Game

Players are divided into teams of 4, 5 or 6, ball starts at mid field. Games are to 3 before all teams sub. When a goal is scored the ball is immediately awarded to the other team and is live.



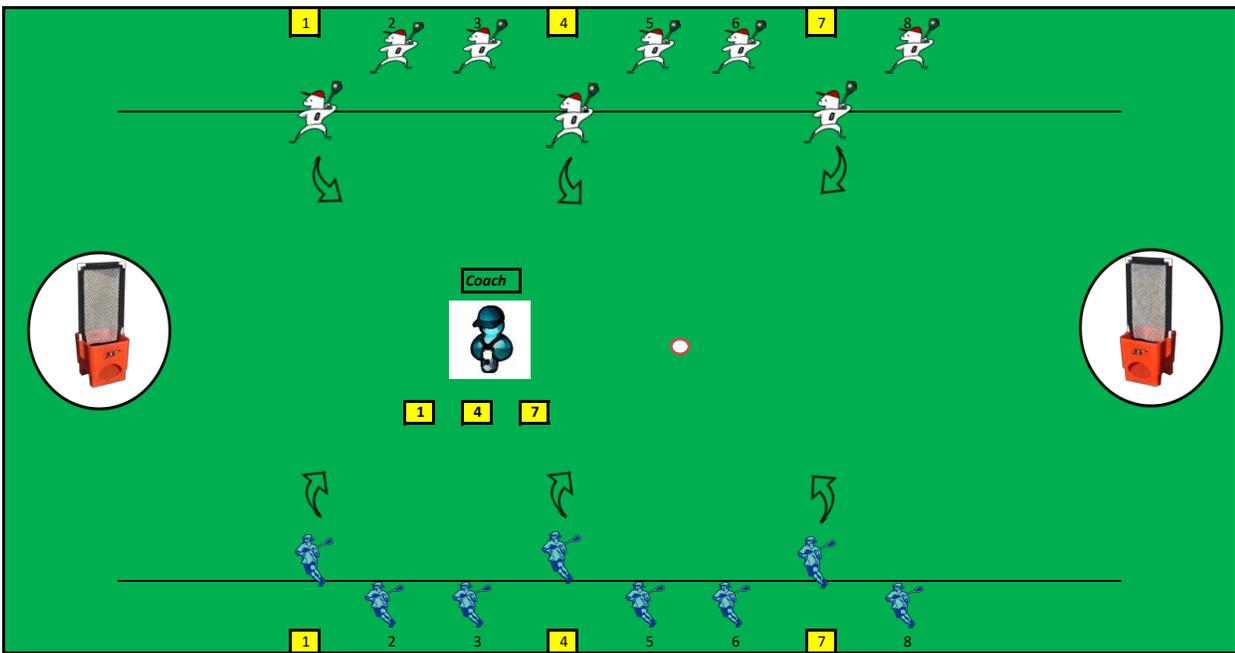
Shoot-n Scoop Sharks & Minnows

Players (Minnows) run through a gauntlet of coaches (Sharks) and must score on the Shootscoops to be safe. If the shark can check to ball out of their stick then they Minnow becomes a Shark until just 1 minnow is left!



ShootnScoop Steal The Bacon Drill

Players are divided and numbered, ball starts at mid field. Coach yells out 2, 3, 4 or 5 numbers. (Example here is coach calling out numbers 1,4 and 7). Corresponding players from each side engage and first to score on the Shootscoop wins. All players must touch the ball.



Hungry Hippos Ball Hunt Drill

Players are divided up and line up on opposite sides of the field and 2 shootnscoops are placed in each goal with the door facing INTO the goal. All the balls are placed at the midfield. At the whistle, all kids try to run in and scoop a ball and deliver it to their home base Shootnscoops. When all balls are gone, count up the balls in each home base to determine the winning team. (This is also a helpful drill for end of practice ball hunts.)

