



Hopkins Up and Over

Appropriate Age Group: 12-19

Skill(s) Practiced: Dodging, Catching, Throwing

Drill Duration: 5-10 minutes

Resources: Cones, Balls, Goal

Description: The ball starts behind the goal with **O1**. **O1** passes to **O2**, who rolls away and passes to **O3**. **O3** catches, rolls away and passes to **O4**. **O4** then dodges a cone, defender, or coach and takes a shot on goal.

Progression(s): Vary the dodges. Use "pull-passes" instead of rolling away. Switch sides of goal to run the drill on. Add defensive pressure to one or more players.

Drill Diagram(s):

