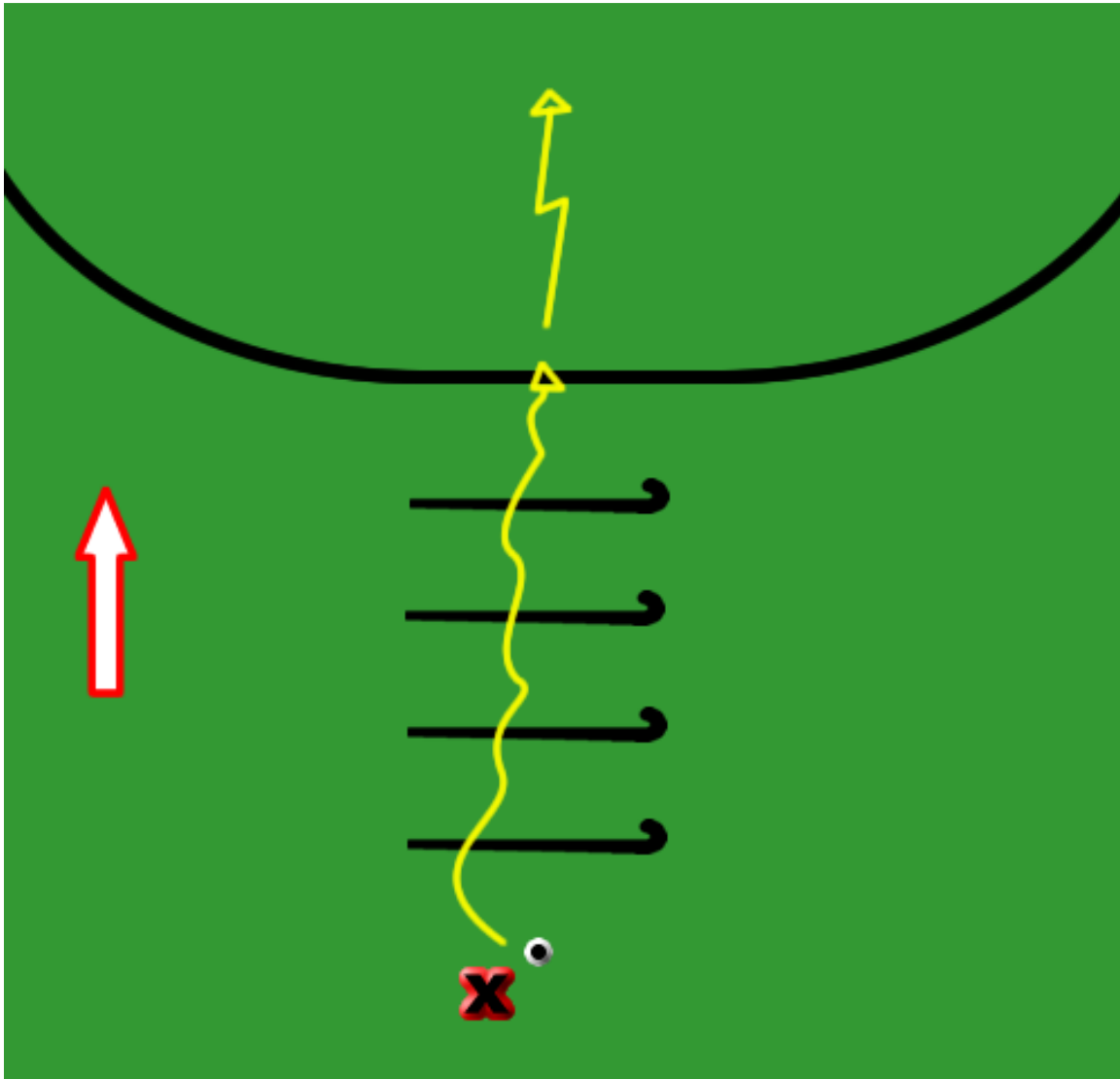


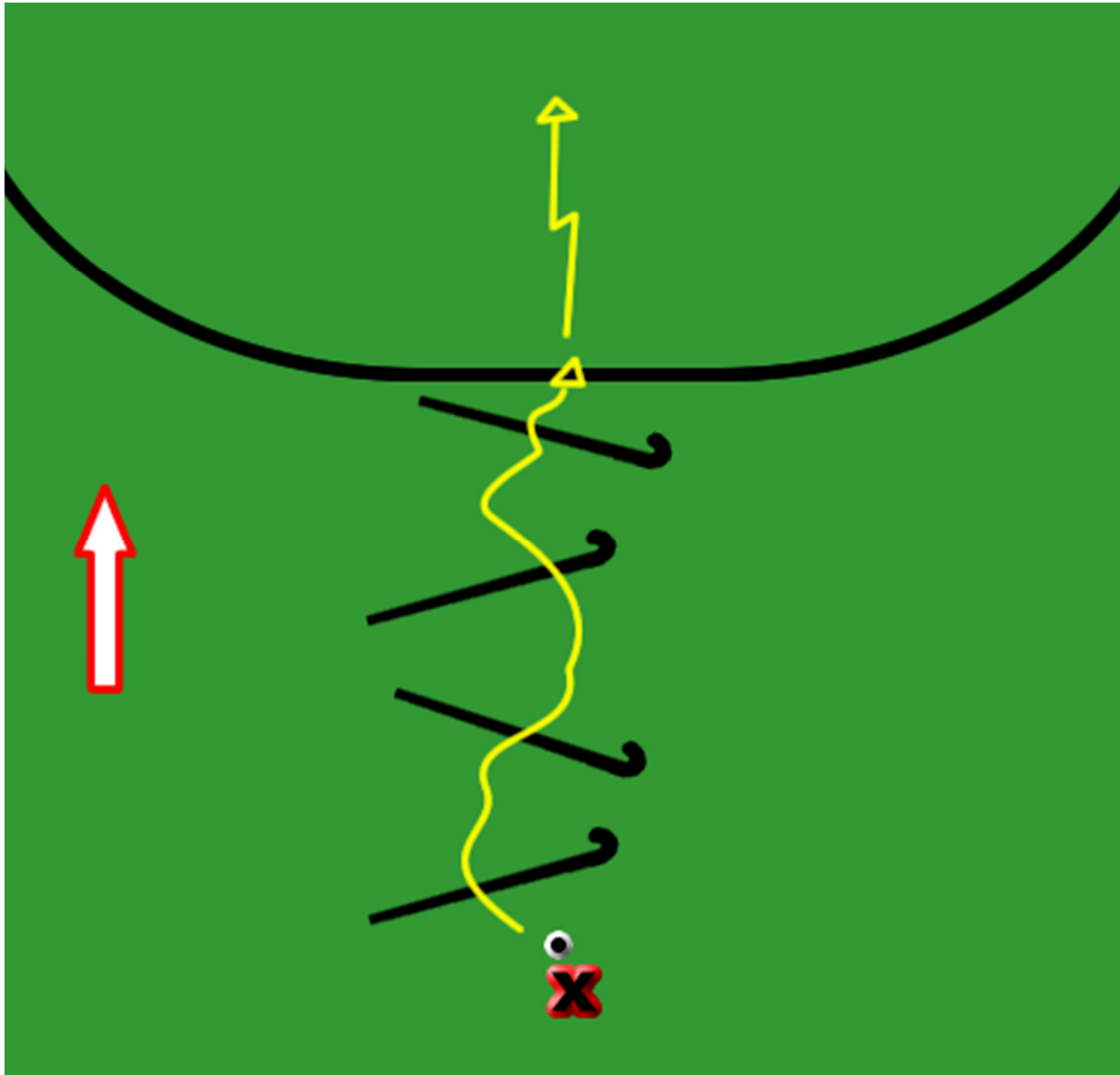
### Direct lift over flat sticks

Lift ball with initial lateral move, and keep bouncing, continued lifts over flat sticks going into circle



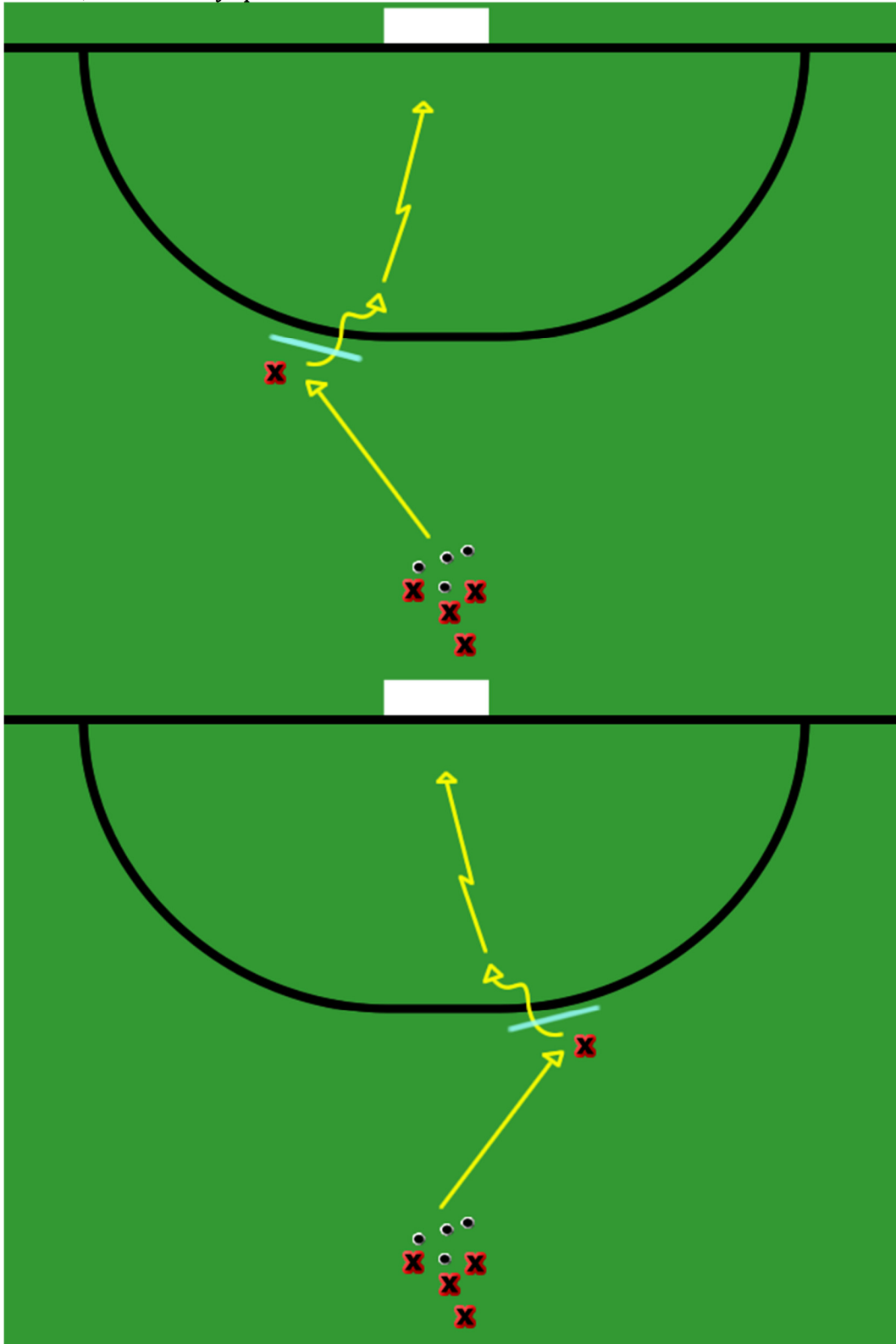
### Zig-Zag Lifts

Lift ball with initial lateral move, and keep changing direction, lateral movements while ball is in the air, enter circle and shoot.



### Lifted Reception for Shot

Receive pass on the move and lift with first touch over defender's flat stick with control, followed by quick shot. On L then R side.



### Elimination Lift & Shoot

If you have 6-7 players and plenty of balls, set up drill clockwise and then counter clockwise to work on repetition of controlled lift and shot in tighter space. Vary lifting styles (forehand, reverse, pull R-L, pull L-R, pops, etc). Lots of repetition!!

