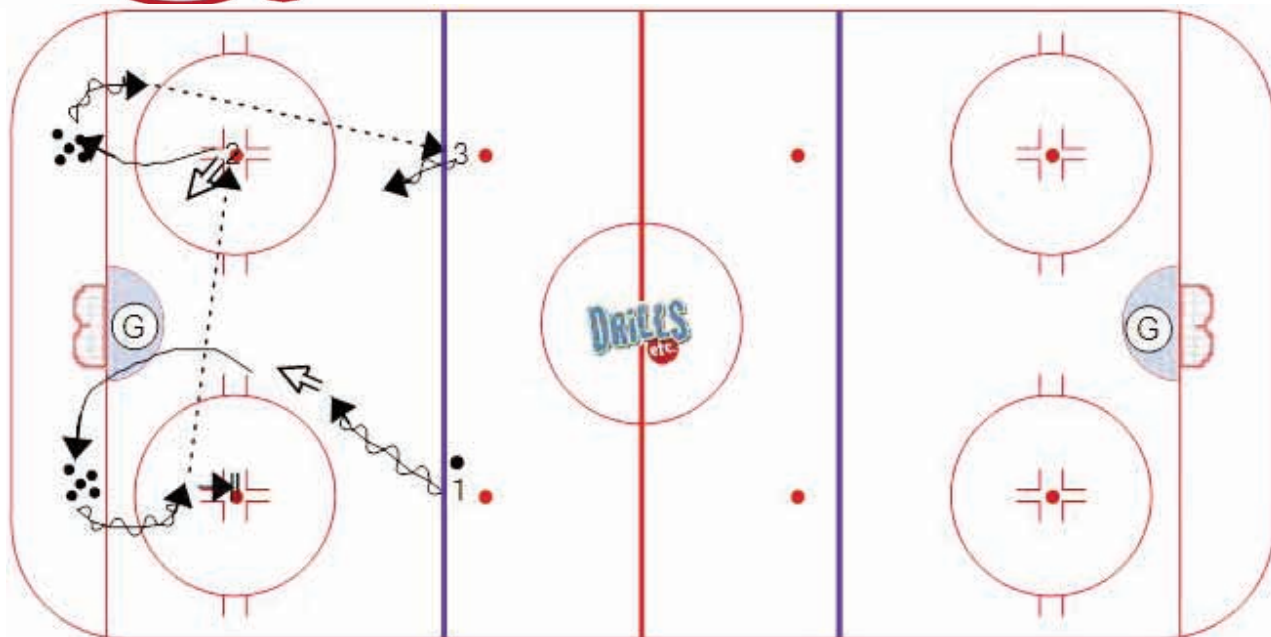




DRILL OF THE WEEK



TWO MAN SHOOTING

Purpose

- passing, skating, shooting, timing.

Description

- 1 accelerates, shoots on the move and picks up a loose puck
- 1 curls back and passes cross ice to 2 who quickly shoots
- After passing, 1 moves to the face off dot and stops
- After shooting, 2 picks up a loose puck, turns up ice and passes to 3
- 3 accelerates, shoots on the move and picks up a loose puck
- 3 curls back and passes cross ice to 1 who quickly shoots. 3 stays at the dot for the next shot
- 1 picks up a drill to continue the drill.

Teaching Points

- tape to tape passing, shoot quickly, pass to the forehand, feet moving, get to the dot quickly and stop.