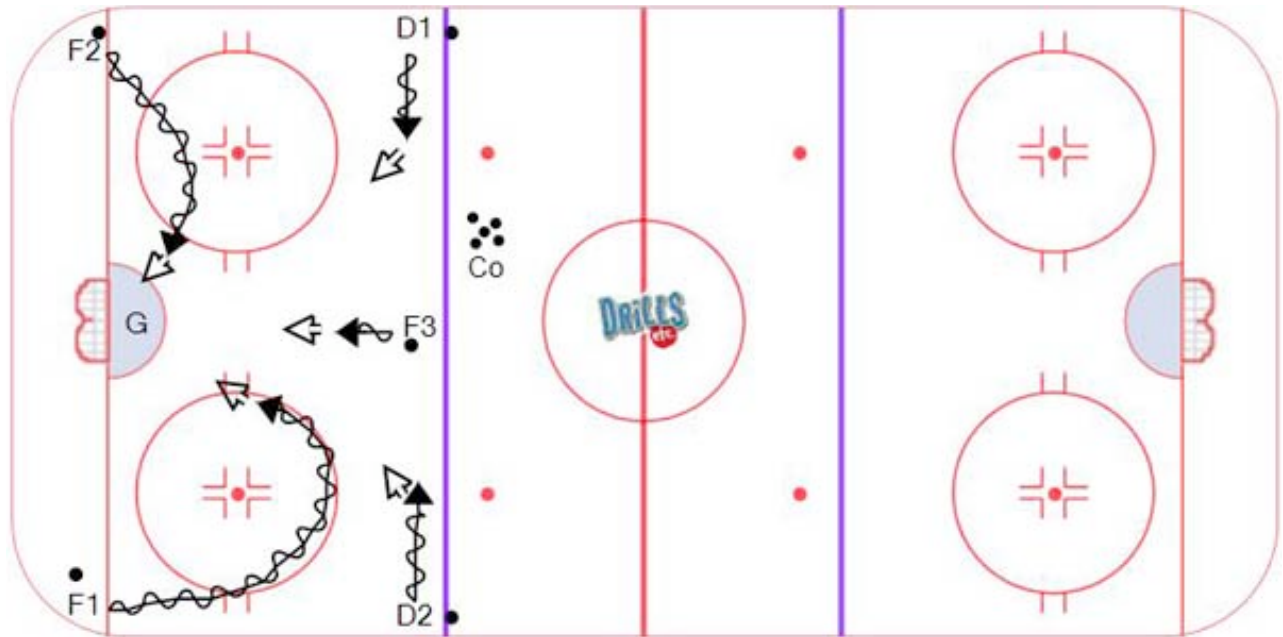




FEATURED DRILL



FIVE GUNS

Purpose

- attacking the net, maintaining triangle, point shots, net play, cycling.

Description

- F1 attacks the net and stays
- F2 attacks the net and stays
- F3 moves into the high slot and shoot with two forwards at the net - F3 stays high
- D1 drags and shoot - D2 drags and shoots
- Coach spots a puck into the corner
- forwards cycle once and pass to the D off the cycle.

Teaching Points

- attack the net quickly, maintain attack triangle, finish around the net, two options for the pass off the cycle.