



Description

D skates to red line and receives a pass from F1

D backpedals with puck while F1 skates to the red line and opens up to receive a pass

D passes to F1 who skates in for shot #1

F1 goes to the corner to retrieve a puck for shot #3 of the drill

F2 skates across the blue line and passes to D near the top of the circle.

D passes back to F2 as he turns up ice and follows to the opposite blue line.

F2 goes in for shot #2

F1 who skated to the corner after shot #1 passes to D at the blue line then goes hard to net for rebound

F2 stays net front for screen

D takes hard low shot #3

Notes: Make sure this drill is run at a high tempo.

Players need to practice as if it were a game situation.

Make sure the shots are kept low for tip opportunities.