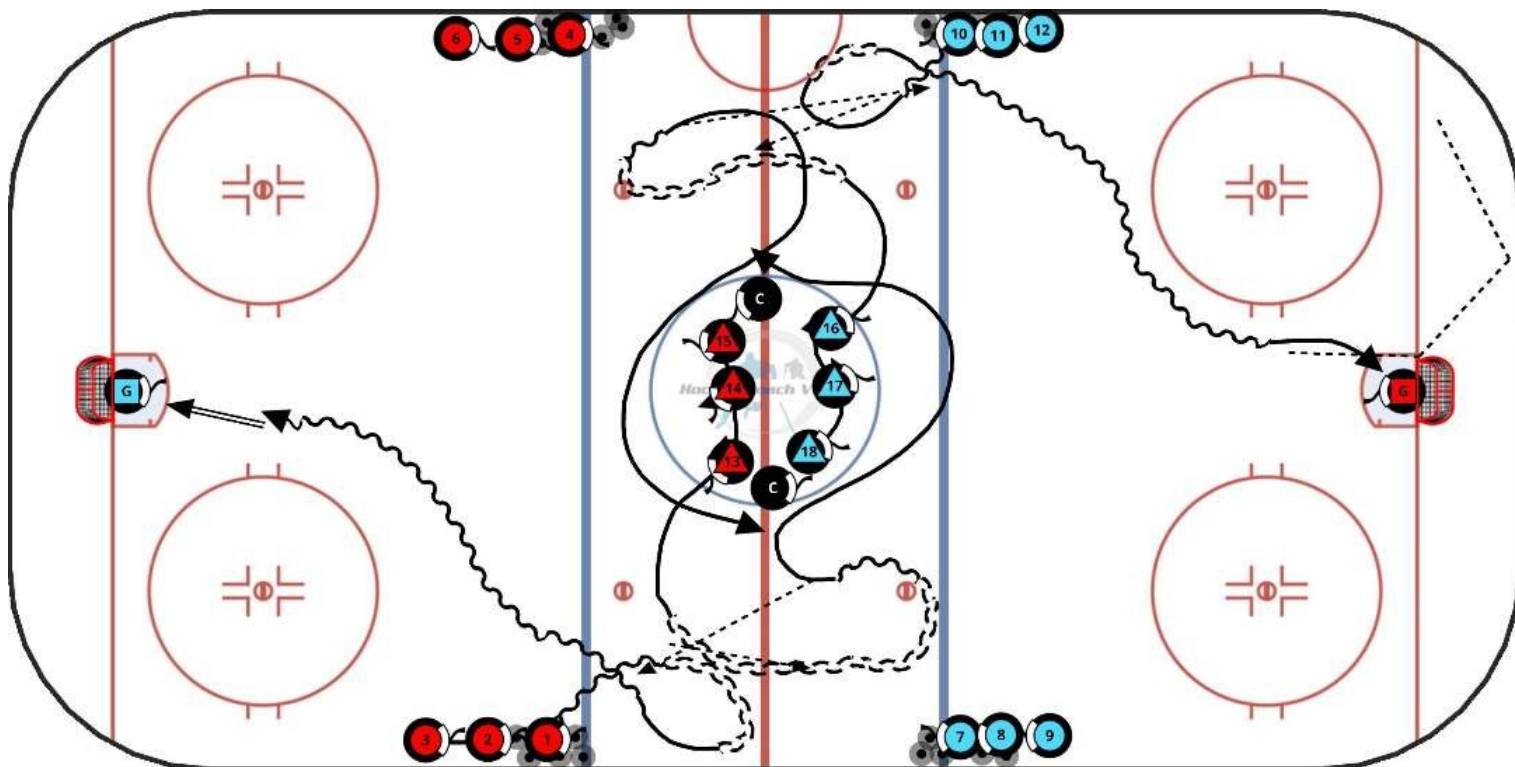


CZECH 3 SHOT CURL



DESCRIPTION

Shooting drill

SETUP

- o D13 steps up, pivots backwards and exchanges passes with F1. He then cuts across the ice to do the same with F4.
- o After their shots, F1 and F4 move into screen/rebound positions for D13 shot from the blue line

TIPS FROM THE COACH

- o -Smooth feet and hands in the pivots
- o -Players should always pivot in a way to keep their eyes on the puck
- o - In front of the net, one player screen and one player get to a good rebounding position

ASSOCIATED WITH

U9, U11, U13, U15, U18