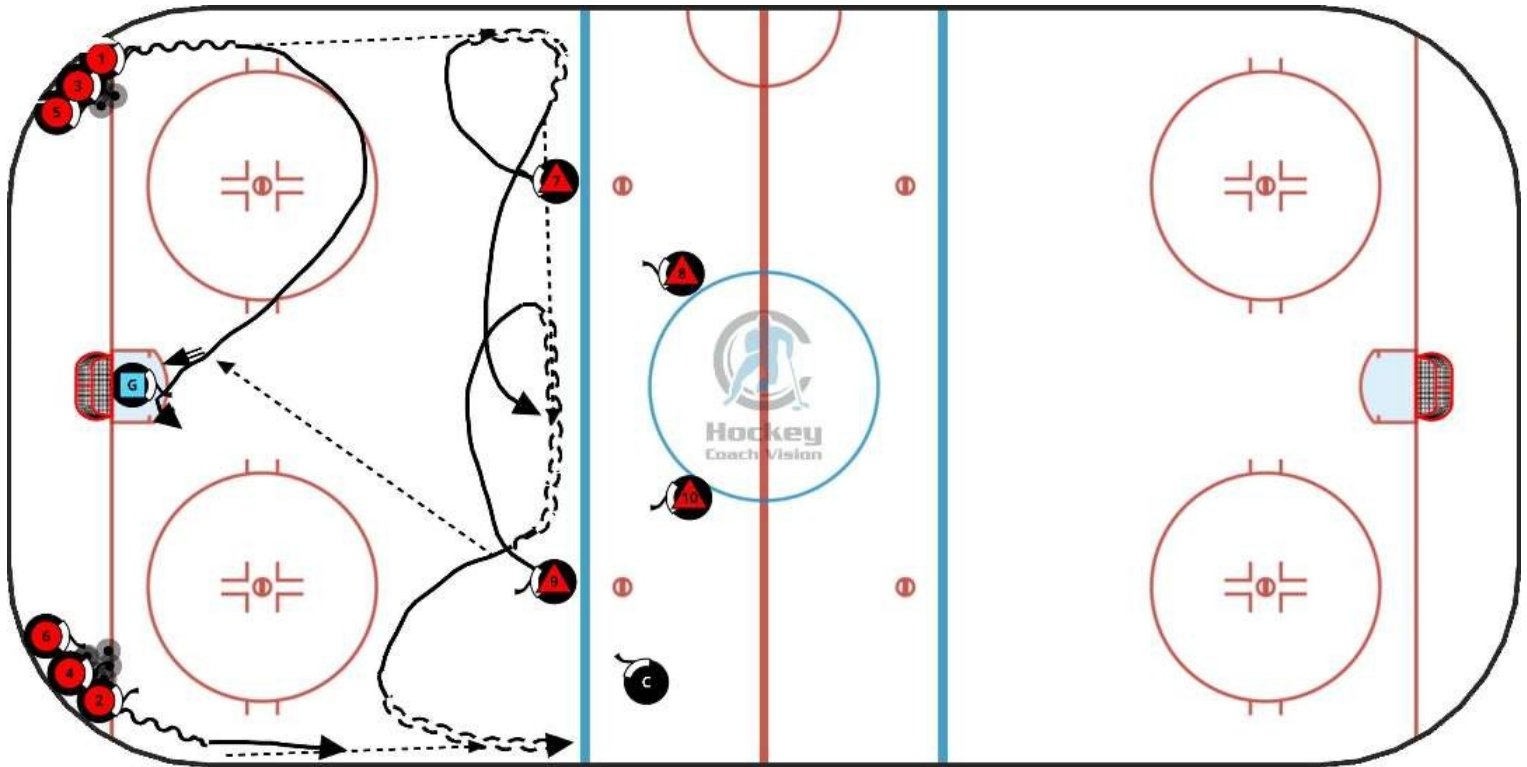


FIND IT HIDE IT



DESCRIPTION

Shooting and Battle drill

SETUP

Shoot for stick on first shot. Shoot to score with traffic and drive for a rebound on second shot.

After the second puck/situation is over pass comes from corner to D and it's a 2 on 2 where D's are offensive players and FW's are defensive players.

D's tries to score/get the puck on the net. FW's tries to block shots/pressure shots outside the net.

D's needs to keep moving and move the puck to find lanes. They may also deke the

TIPS FROM THE COACH

- o -Stick on ice and head up
- o -Good screen and rebound drive
- o -Head up on blue line to freeze FW

ASSOCIATED WITH

U9, U11, U13, U15, U18, Shooting, Individual, Systems