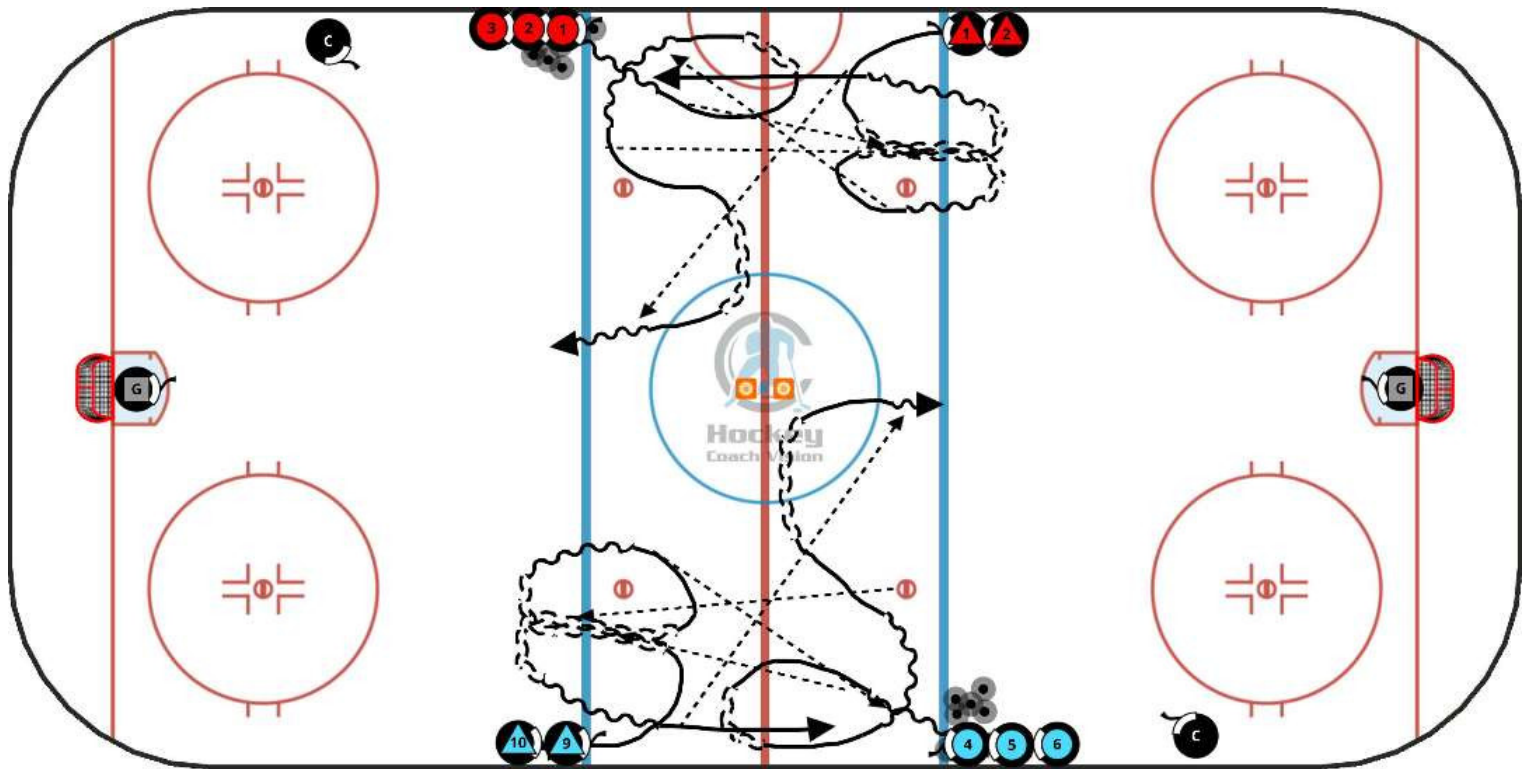


X MEN



DESCRIPTION

Mobility drill for both forwards and defensemen

Great drill to work on quick pivots and quick passes on both forehand and backhand.

SETUP

- o D steps up and pivots and receives pass from FW who opens up on the board
- o D steps up and passes to FW who quickly gets control of the puck while moving his feet
- o FW passes back to D again who steps up and passes to FW who opens up in the middle
- o D jumps and shoots from the blue line

TIPS FROM THE COACH

- o Smooth pivots
- o Head up
- o Sticks on the ice

ASSOCIATED WITH

U7, Skating