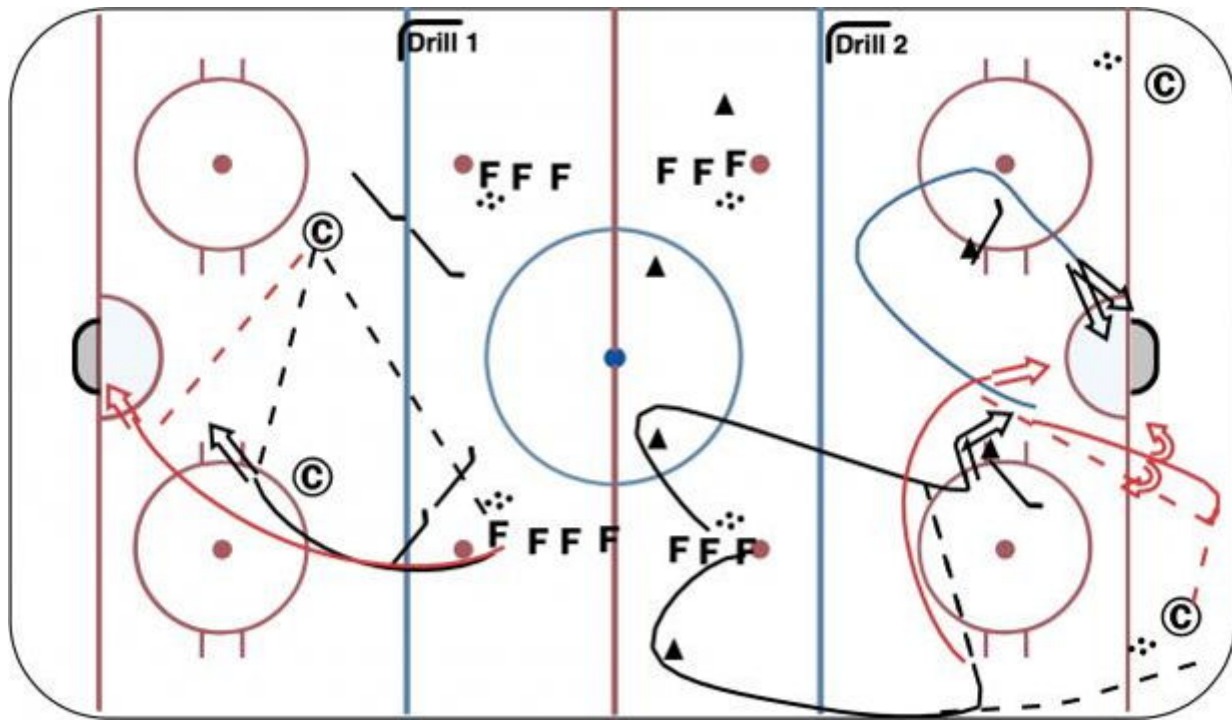


1. Catch-Release/Backdoor Touches 2.Rims, Retrievals, Backdoor Touches



Description

Drill 1: 1. F gives a saucer pass to Coach drives to net for a high catch release, forehand to backhand shot or quick one-timer
2. F gives a saucer pass and drives net for a backdoor touch on forehand or backhand

Drill 2: F1 leaves from dot skates around cone, picks up rim and finds F2 coming in late
F2 receives pass makes quick move and shot
F2 then finds chipped puck in corner shoulder checks and hits F1 in slot for shot
F1 and F2 both drive around far cone/stick and receive pass from starting line for backdoor touches

Tags: pick up rims, quick move before shot, shoulder check on rim, on down low retrieval