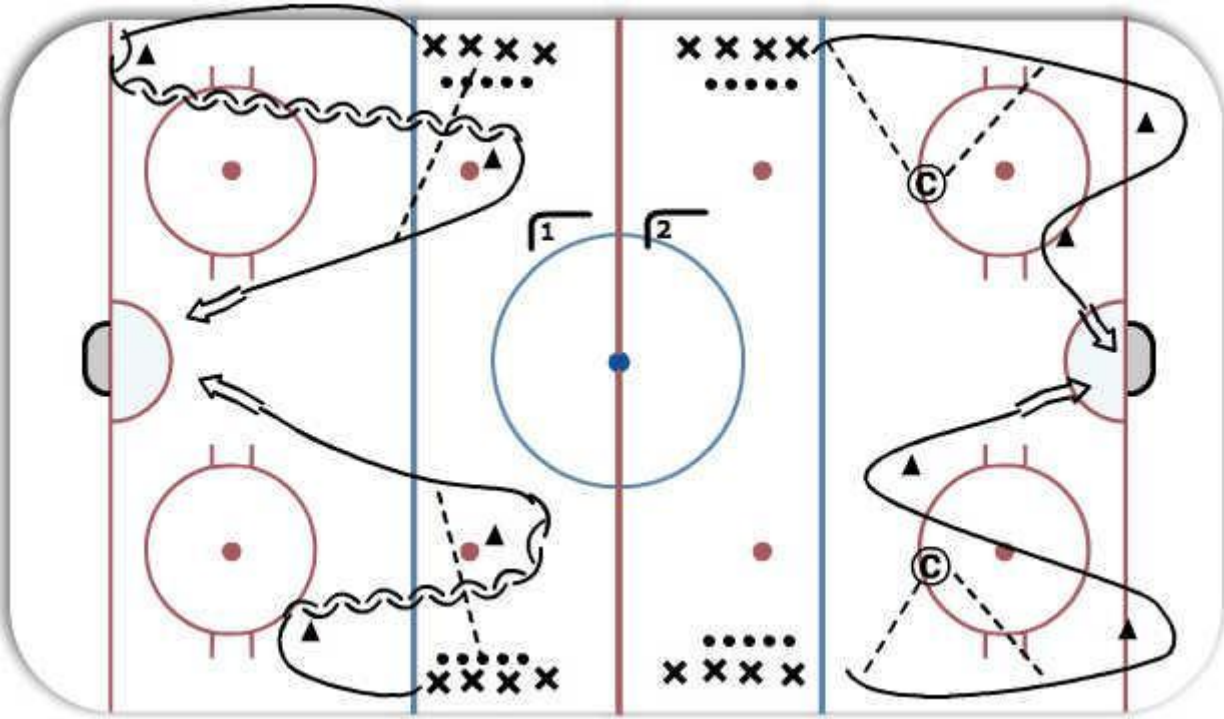


2 Shooting Stations



Description

2 different drills at both ends of the rink, Each end will run one side long and one side short, make sure that players switch sides.

Drill 1 - Players will start on blue lines, both players leave their line and skate towards cone (one side the cone is long and one side the cone is short). Players transition at cone and skate backward to top cone by face off dot and receive pass from 2nd player in line and in for a shot.

Drill 2 - Players leave from blue lines with puck, pass to coach and gets puck back, one side players glides at bottom cone and top cone is short for a shot in tight, other side player glides at low cone then skates up to high cone and in for a shot.