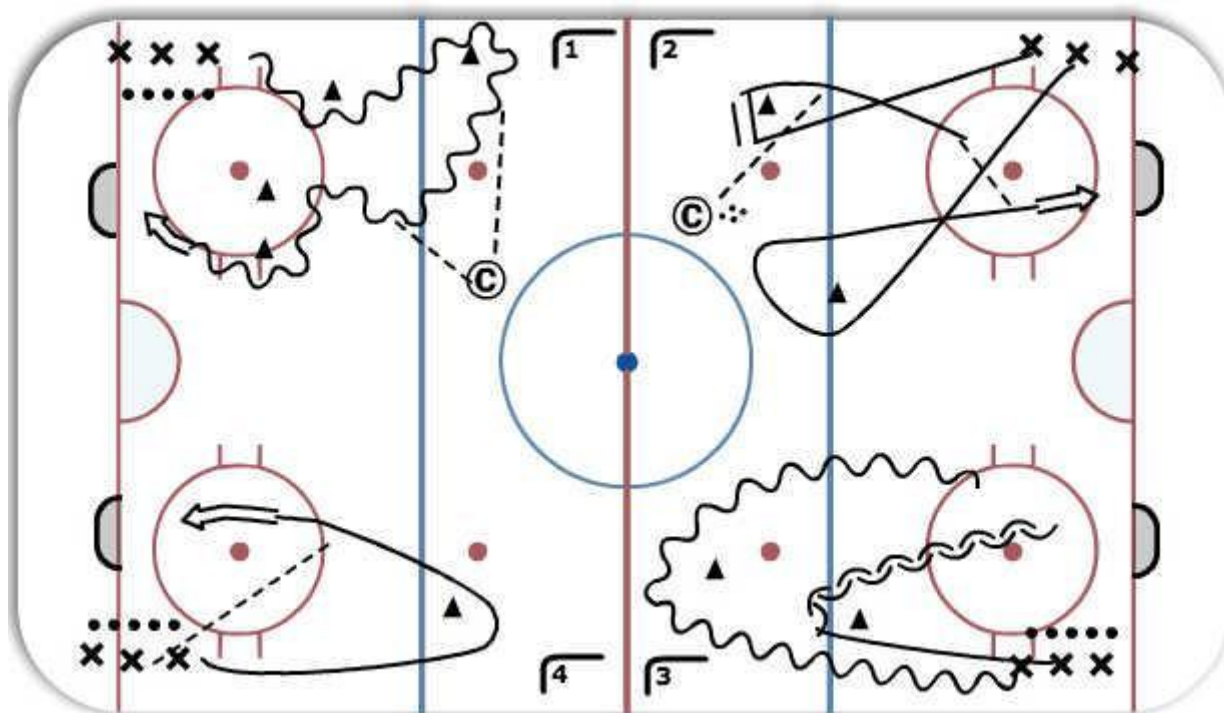


4 Shooting Variation Warm-Up #2



Description

****Run each Drill in all 4 zones, switch sides, then run 2nd drill in all 4 zones, then 3rd drill...****

Drill 1 - Puck Control/Passing/Deke and Shoot - Player leaves from hash marks controls puck around cones, pass to Coach, Coach returns pass to player, player dekes cones and shoots.

Drill 2 - Opening up for Pass/Support on 2-0 - 2 players leave from hash marks, Player 1 opens up at cone close to boards and receives pass from Coach, Player 2 goes around wide cone and glides towards puck carrier to support, receives pass from puck carrier and 2-0 to net for shot.

Drill 3 - 1-1 - Player 1 leaves with puck as Forward skates around top cone and attacks defender, Player 2 leaves and transitions at close cone, plays defence on 1-1.

Drill 4 - Catch and Release - Player leaves from hash marks skates around top cone, gives a good target and receives pass from Player 2 in line. Player 1 receives pass and gets shot on net.