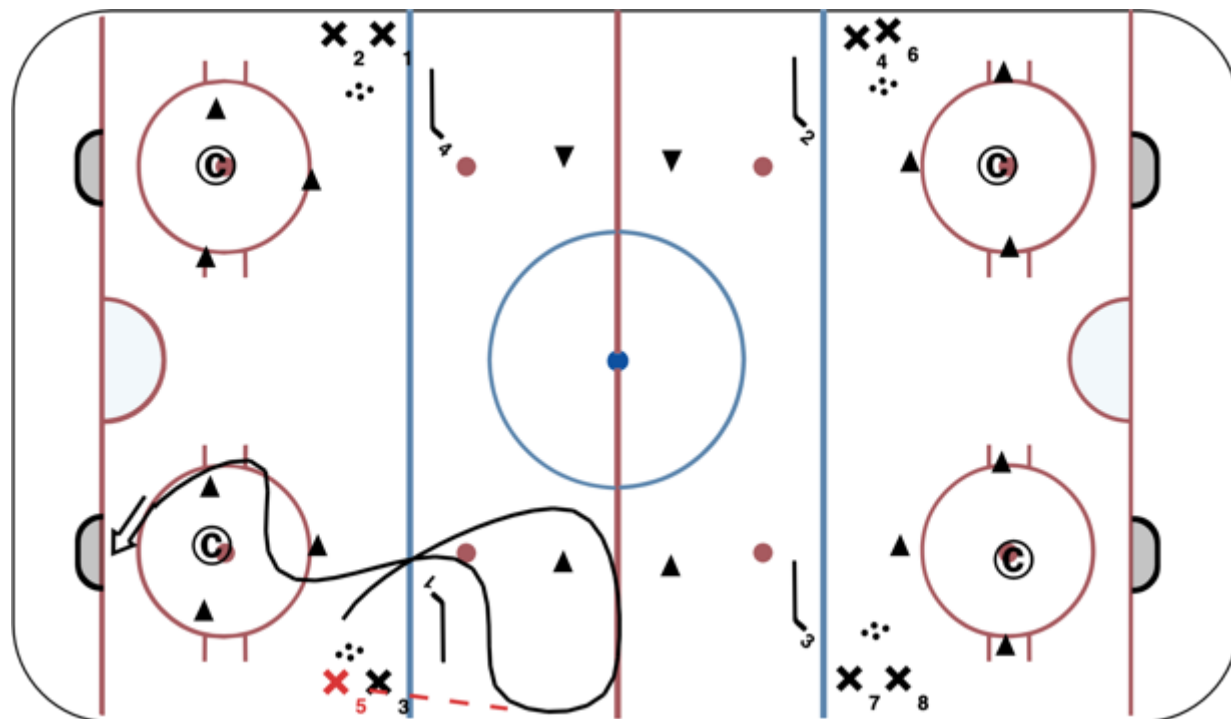


Backhand Shooting Breakdown (+ BH Pass Reception)



Description

Players are lined-up at all four bluelines with pucks. There is a cone in front of them near the redline, a stick by the blueline, and 3 cones in a large triangle in front of the net. Coaches can place themselves in the middle of this triangle to mimic a defender.

The drill begins with player 1 skating around the stick and lone pylon, towards the boards. As they come down the boards towards the stick, player 2 in line spots a puck ON THE BOARD SIDE of player 1's body. This will result in both BH and FH being utilized.

Player 1 receives the puck, and upon reception quickly moves it across their body either from FH>BH or BH>FH around the stick/obstacle. Once around the stick, players enter the zone toward the 3 pylons in a triangle.

Players are to weave through 2 of the 3 cones, based on their handedness. A LEFTY is going to turn right first, before turning left at the final cone, whereas a RIGHTY is going to turn left then right.

*The purpose of the pylons is to recreate a 'net drive' where players are forced to their backhand side (often around a defending player ie., coach) and have to drive to the net while shooting.

**Encourage players to finish their shoot toward and through the crease (under the pylons) as many players will often shoot to the net, but their body is curling away into the corner.

***Backhands can't utilize flex, therefore body rotation (core) and weight transferring (shoot while turning) can increase power.