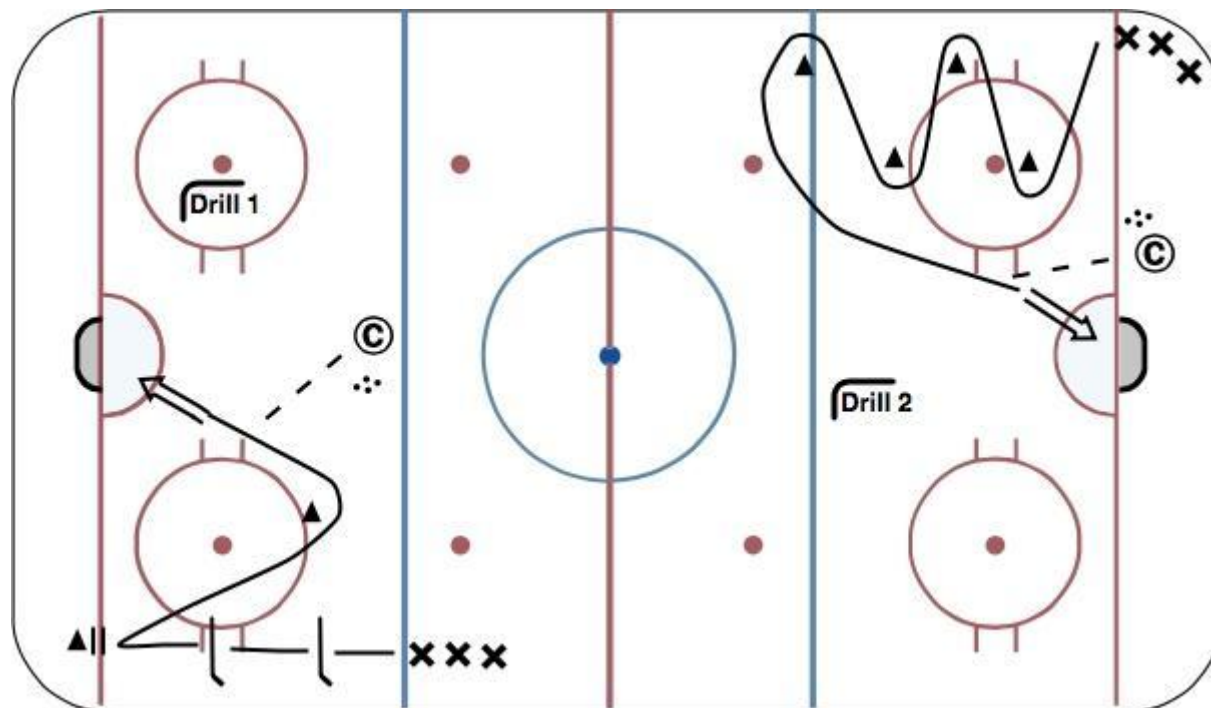


## Balance/Agility Drills W Shot



### Description

#### Drill 1

Players line up at blue lines on both sides of the ice. First player starts by skating forwards towards goal line and jumps over two sticks on the way. After the 2nd stick, player stops at the first cone facing the net. After stop, player changes directions and glide turns up around 2nd cone before receiving a pass from the coach for a shot on net.

Focus: Keeping knee bend and controlling upper body while jump over sticks. Stopping with two feet when changing direction. Glide turning with two feet on the ice and have player show target when receiving a pass.

\*Can be done from both sides at the same time depending on number of players.

#### Drill 2

Players Start lined up in both corners. Have 4 cones equally spread out in zig zag pattern as shown on drill plan. Players will weave through cones working on either single edge or two feet glide turns. After players have gone around the 4th and final cone they will skate down the middle of the ice and receive a pass from coach for a shot.

Focus: Single Edge - Trying to glide around each cone on one foot while controlling upper body and knee bend. Have players keep stick on the ice for better balance. Two Feet - Players should have a wide base and keep both skate edges on the ice throughout the turn. Have players lead through their turns with their sticks on the ice.

\*For more advance players you can eliminate the pass from coach and have the players weave through the cones with pucks (Focus on same skating technique while handling pucks).