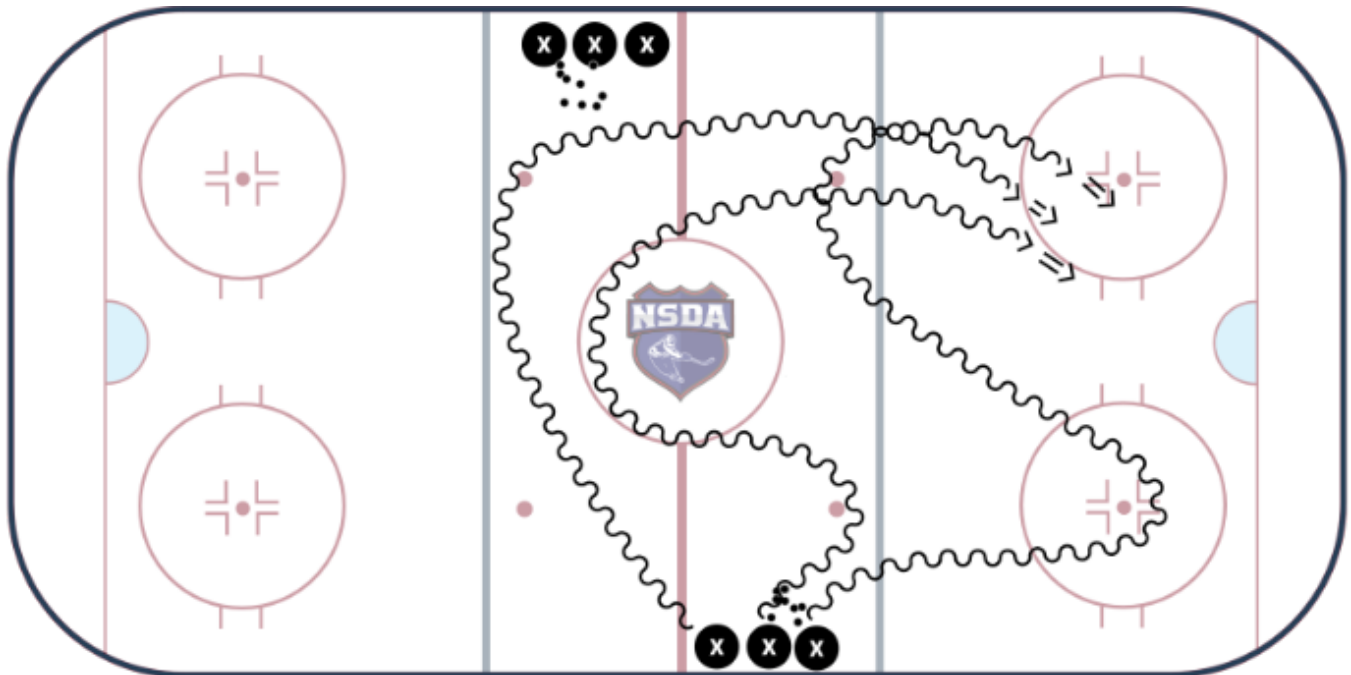


3 PLAYER SHOOTING DRILL TO 2V1



Time:

Station:



- Players line up at both sides of red line facing opposite ways
- X1/X2/X3 leave from both lines with a puck

X1 skates around far Neutral Zone (NZ) face off dot and down to far end for shot

- X2 skates around close

NZ face off dot and around centre ice circle drives in for shot

- X3 skates to low face off dot and up to opposite NZ face off dot and drives net for shot

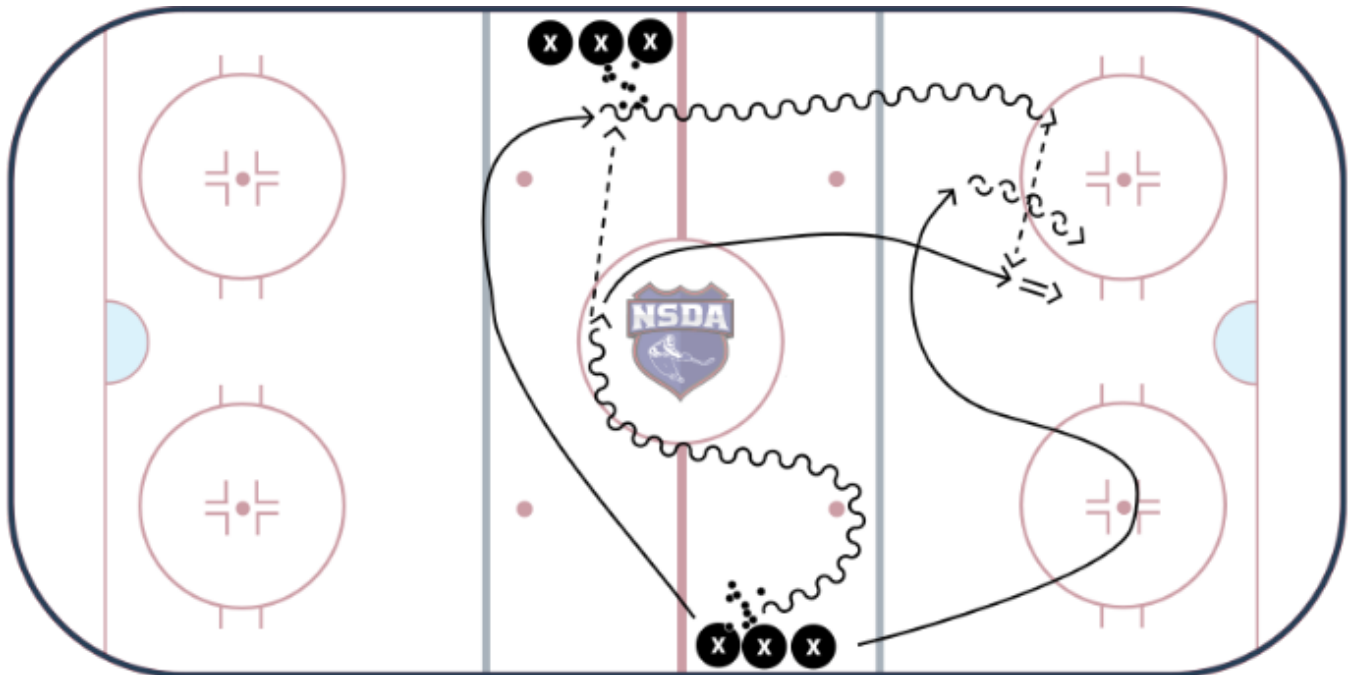
players must keep head up, scan ice while controlling puck through turns

3 PLAYER SHOOTING TO 2V1 PART 2



Time:

Station:



- X1/X2/X3 from both lines leave on whistle
- X1 skates without a puck and skates to far face off dot in Neutral Zone (NZ) towards far end
- X2 skates with a puck, skates around close NZ face off dot and around centre ice circle, passes to X1
- X3 skates without a puck to low face off dot and up towards blue line to take X1/X2 on a 2v1
- X3 can either angle X1/X2 towards the boards to end the 2v1 or gap up and skate backwards taking X1/X2 on a 2v1