

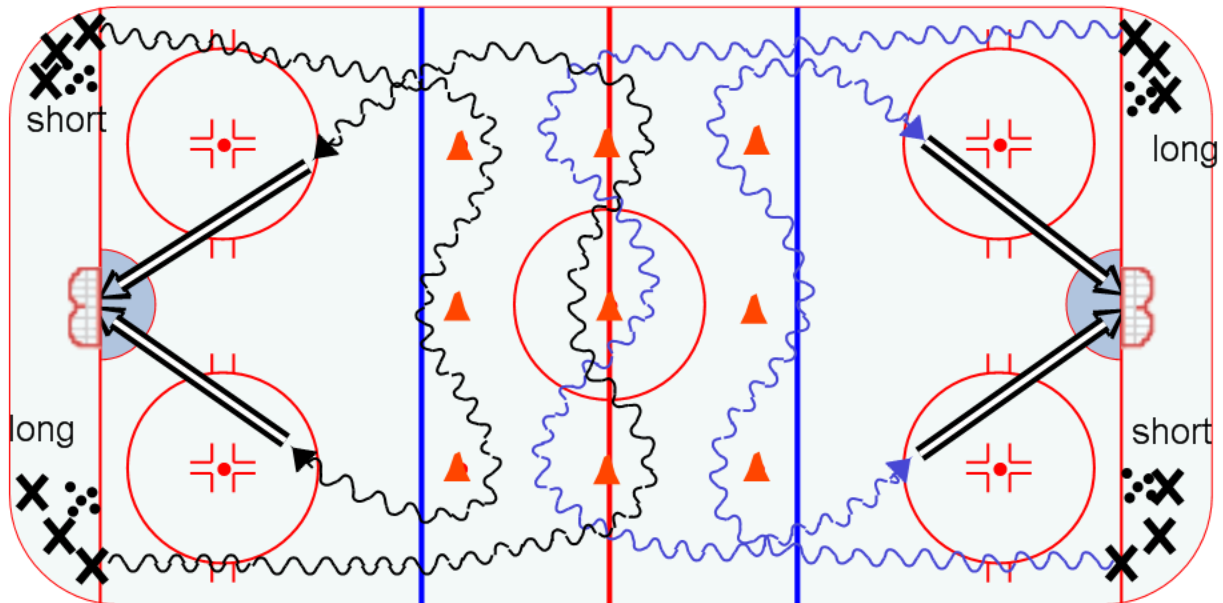
Title : High-Low Shooting

Category #1 : Shooting

Category #2 : Stickhandling

Content elements: Skating, stickhandling, shooting

Components :



Made with DrillDraw

Key Points :

Keep feet moving

Shoot in Stride

Keep head up in middle

Description

1. Players are divided into 4 corners with pucks.
2. All 4 lines leave at the same time on the whistle.
3. Short lines go to first set of cones.
4. Long lines go to middle set of cones.
5. Players skate full speed through the cones, drive wide, and take a shot while keeping feet moving.
6. Players alternate lines each time.

More drills & skills at www.WeissTechHockey.com