

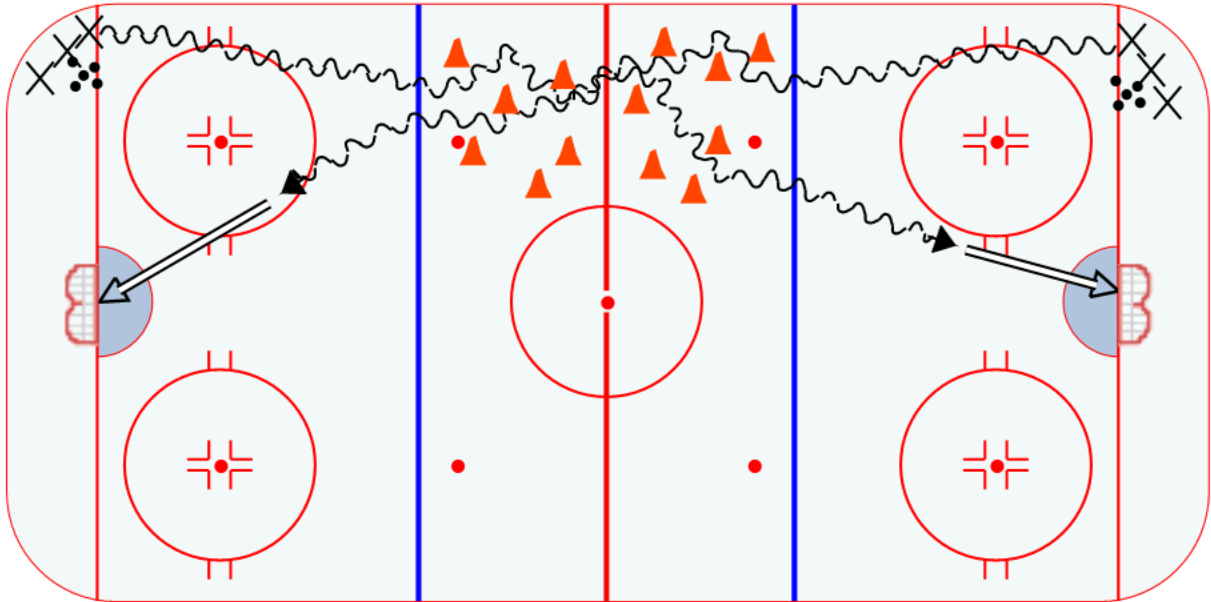
Title : Chaos Drill

Category #1 : Stickhandling

Category #2 : Shooting

Content elements:

Components :



Made with DrillDraw

Key Points :

Keep Feet Moving

Shoot in Stride

Full Speed

Head Up

Description

1. Scatter cones randomly on one side of the neutral zone.
2. Two lines in corners directly across from each other.
3. On the whistle, one player leaves from each line.
4. Players skate full speed through neutral zone, "deking" at least three cones (keeping feet moving while stickhandling through the cones), then shoot in stride.
5. Remind players to keep their heads up through the neutral zone to avoid collisions!

More Hockey Drills and Skills at www.WeissTechHockey.com