

Title : 3 Zone Timing Drill

Category #1 :

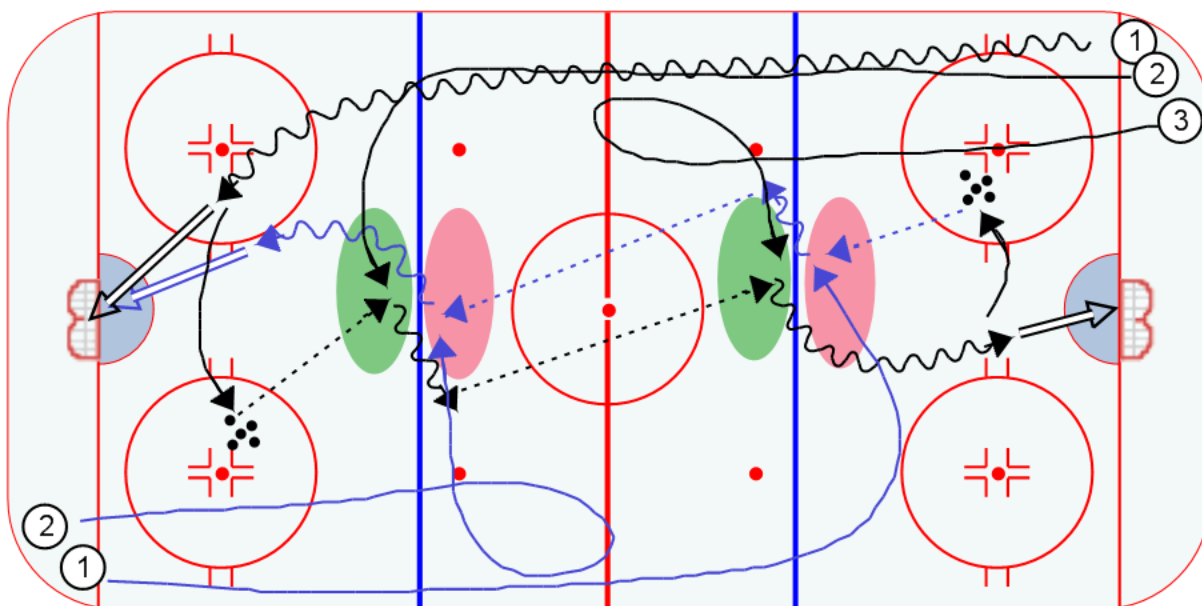
Passing

Category #2 :

Timing

Content elements: Pass to Receiving Zones

Components :



Key Points :

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Description

1. To start the drill, 3 players leave from the corner (after that only 2 leave from then on)
2. First player shoots, picks up a puck from the circle, and hits the second player in the first green receiving zone
3. Receiver controls puck, then hits the third player in the second green receiving zone
4. Receiver takes a shot, picks up a puck from the circle, and hits the first player of the other line in the first red receiving zone.
5. Drill continues perpetually.

More drills and skills at www.WeissTechHockey.com/blog