

Title : Snake Drill

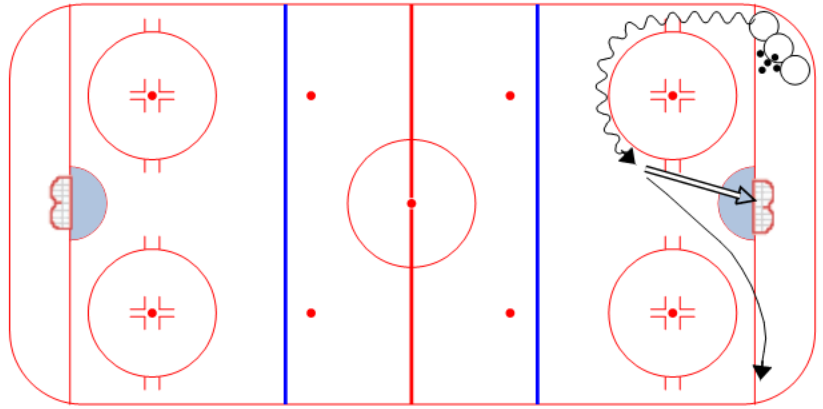
Category #1 : Shooting

Category #2 : Skating

Description

1. Players start in corner with pucks
2. On whistle, player skates around the top of the circle with speed, and shoots with feet moving
3. Shoot in stride on forehand, use the Inside Mohawk on backhand

More Drills and Skills at www.weisstechhockey.com/
(search "mohawk" on the blog for more info on the mohawk skating move)



Key points :

Attack Seam

Shoot in Stride

Mohawk on Backhand

Title : Snake Drill (seq 2)

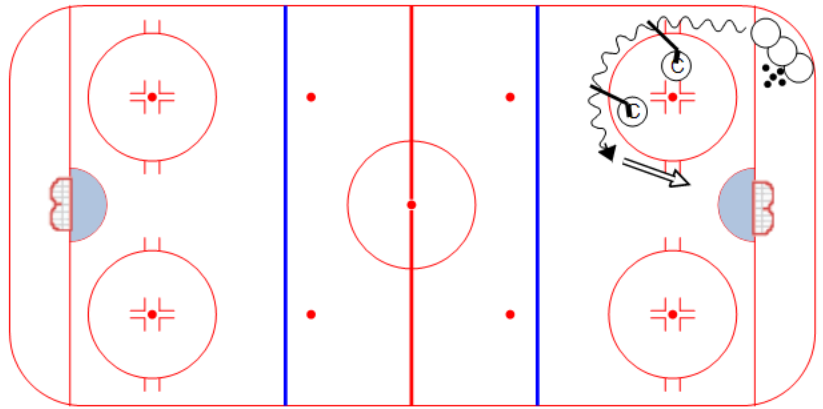
Category #1 : Shooting

Category #2 : Skating

Description

1. Basic snake - add coaches for "token" resistance
2. Start by drive skating through the coaches, using puck protection
3. Then switch to an outward facing inside mohawk as the protection move at each coach

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Key points :

Title : Snake Drill (seq 3)

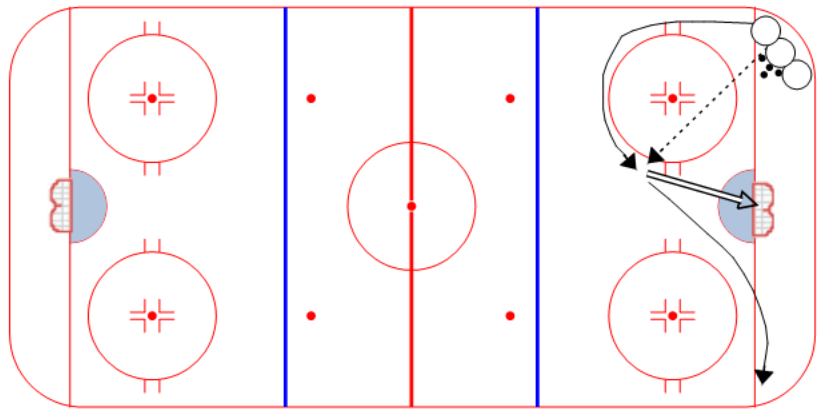
Category #1 : Shooting

Category #2 : Skating

Description

1. First player leaves without a puck
2. Next player in line passes out for a one-time shot
3. Use Mohawk if on backhand

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Key points :