



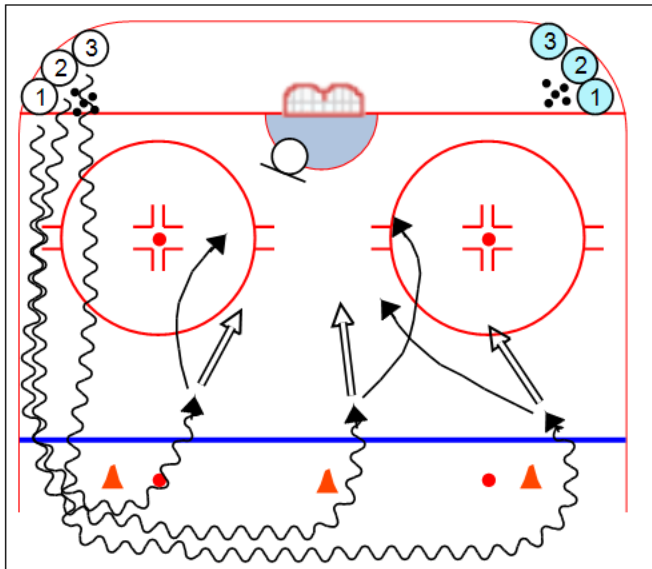
Cat #1:

Title : 3 Cone Rebound

Cat #2:

Level : \_\_\_\_\_

**Description (notes)**

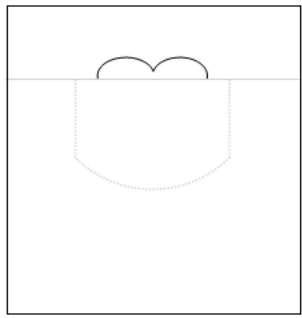


1. Players line up in corners with pucks
2. 3 players leave at the same time from the same line
3. Player 1 skates puck around near cone, shoots from above the circles, and stays at the net for the rebound on the next shot
4. Goalie tracks, squares up, and fields shot
5. Player 2 skates puck around the middle cone, shoots from above the circles, and stays at the net for the rebound on the next shot
6. Goalie tracks, squares up, and fields shot - controlling the rebound!
7. Player 3 skates puck around the far cone, shoots from above the circles, then drives for his or her own rebound
8. Goalie tracks, squares up, and fields shot - controlling the rebound!

Stop the Puck!  
Rebound Control

Proper Recovery

- 1 ) \_\_\_\_\_
- 2 ) \_\_\_\_\_
- 3 ) \_\_\_\_\_
- 4 ) \_\_\_\_\_
- 5 ) \_\_\_\_\_
- 6 ) \_\_\_\_\_
- 7 ) \_\_\_\_\_
- 8 ) \_\_\_\_\_



\_\_\_\_\_ times each sides. \_\_\_\_\_ minutes



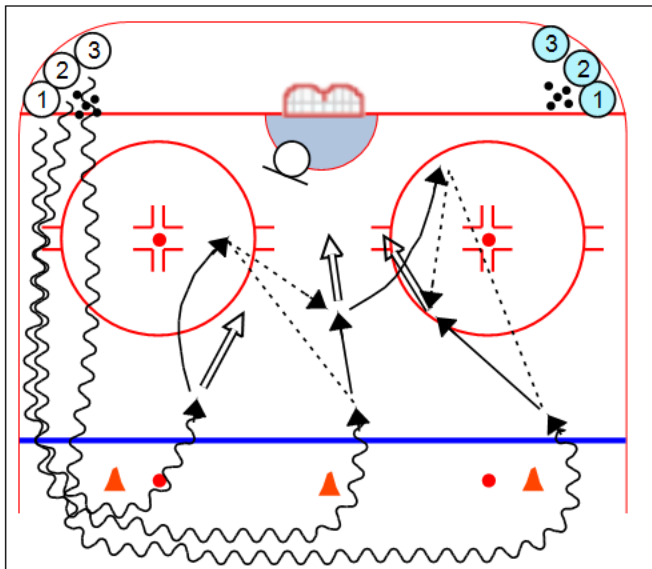
Cat #1:

Title : 3 Cone Rebound (seq 2)

Cat #2:

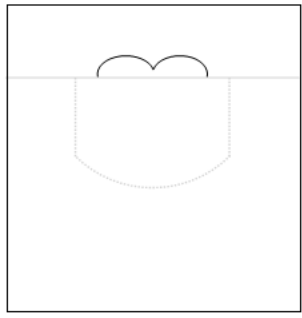
Level : \_\_\_\_\_

**Description (notes)**



1. Same set up
  2. 1st player does the same thing
  3. 2nd and 3rd players do a give and go in the slot with the player who went before them.
- The second variation forces the goaltender to move much more before the shot is taken. Coaches need to make sure to spread out your shooters so your goaltender can work on his/her objectives in the drill effectively.

- 1 ) \_\_\_\_\_
- 2 ) \_\_\_\_\_
- 3 ) \_\_\_\_\_
- 4 ) \_\_\_\_\_
- 5 ) \_\_\_\_\_
- 6 ) \_\_\_\_\_
- 7 ) \_\_\_\_\_
- 8 ) \_\_\_\_\_



\_\_\_\_\_ times each sides. \_\_\_\_\_ minutes