

Title : Overspeed Agility

Content elements: _____

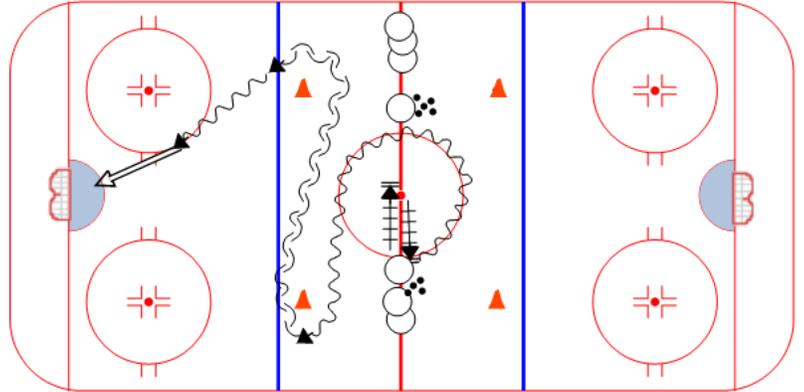
Components : _____

Description

First player from each line go at the same time

1. Player starts at the edge of the circle and side steps to the center ice faceoff dot.
2. Player stops at the dot, then sidesteps back to the edge where he/she started and quickly crosses over around the circle (feet moving quickly - focus on overspeed here).
3. Player continues around the circle, then skates out to the neutral zone faceoff dot, pivots and skates backwards to the opposite faceoff dot.
4. Player pivots forward and takes a shot on net.

Note: drill can be done with or without a puck



Key Points :

Agility

Footwork

Overspeed Training

Quick Feet