



Cat #1:

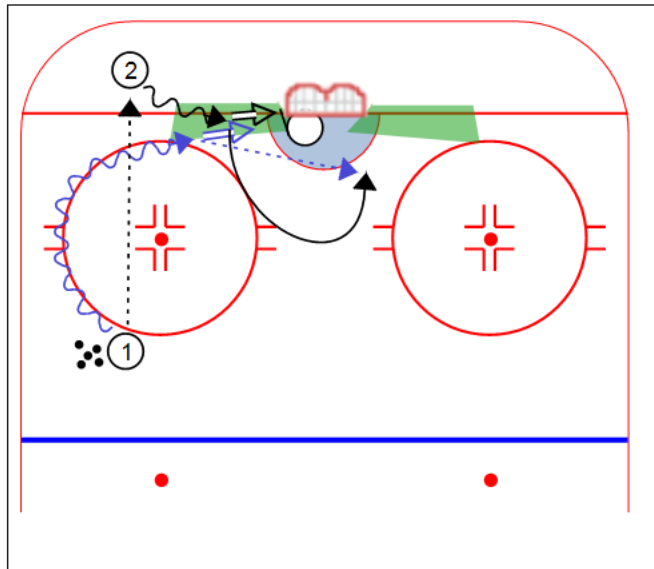
Title : Post-Knee-Up Drill

Cat #2:

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

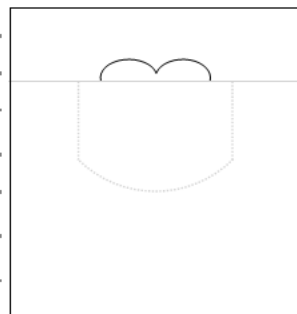
**Description (notes)**

1. Goalie starts square to Player 1.
2. Player 1 passes low to Player 2, who attacks the net from the side
3. Goalie uses Post-Knee-Up positioning
4. After the shot, player 2 opens up to the slot for a rebound or a one-time shot
5. After Player 2 shoots, Player 1 drives low around the bottom of the circle and either shoots or passes to Player 2



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



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



Cat #1:

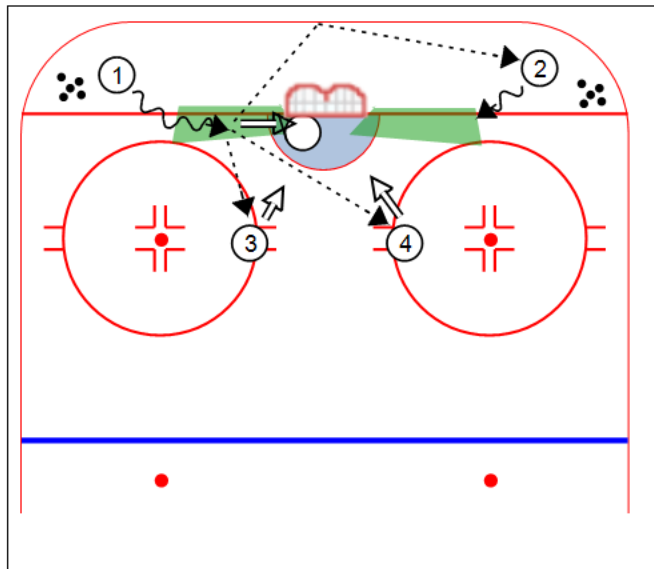
Title : Post-Knee-Up Drill (seq 2)

Cat #2:

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

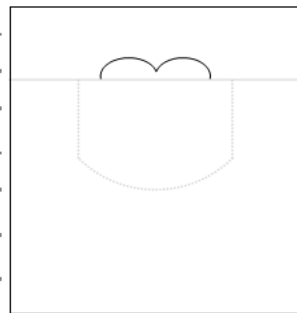
**Description (notes)**

1. Player 1 walks out of the corner. He/she has 4 options: Shoot; Pass behind the net with Player 2 walking out for the shot; Pass to Player 3 for a one-time shot; Pass to Player 4 for a one-time shot.
- Option: If Player 1 passes to Player 2, you can give Player 2 the same 4 options again; Shoot, Pass behind the net, or Pass to Player 3 or 4



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



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