

Title : Window Drill

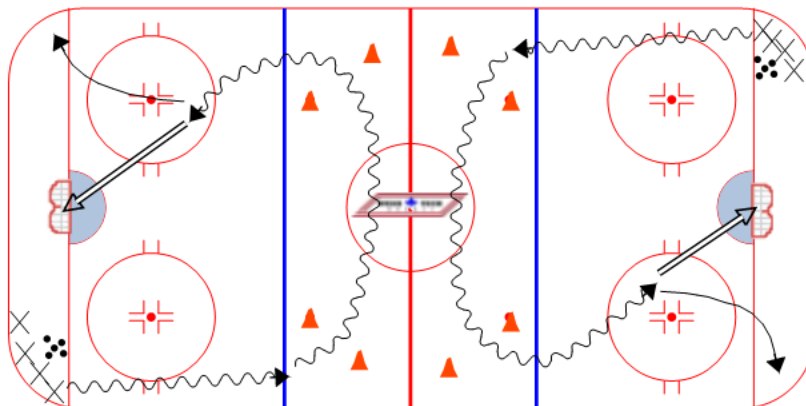
Category #1 : Skating

Category #2 : Crossovers

Description

1. On whistle, first player from each line explodes full speed to the blue line
2. At the blue line, players enters into the "window" zone - and maintains crossovers through the entire window
3. After exiting window, player shoots with head up and feet moving

More Drills and Skills at <http://weisstechhockey.com/>



Key points :

Explosive starts

Quick feet crossovers

shooting in stride