

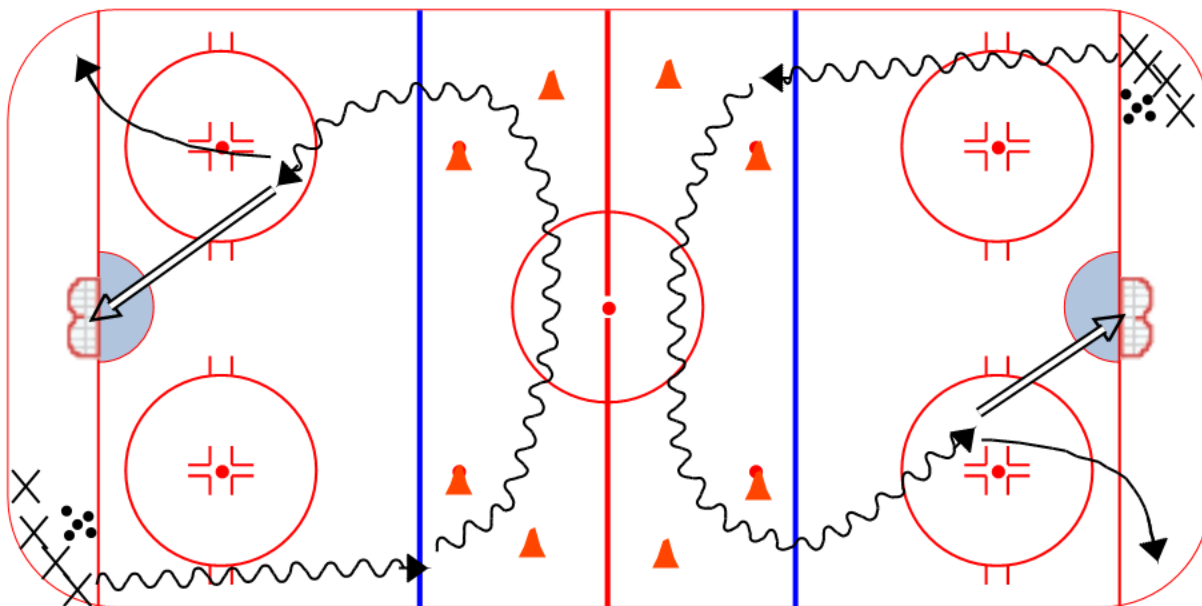
Title : Window Drill

Category #1 : Skating

Category #2 : Crossovers

Content elements:

Components :



Key Points :

Explosive starts

Quick feet crossovers

shooting in stride

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/blog>