

Title : Full-Ice Mohawk Snake Drill

Category #1 :

Skating

Category #2 :

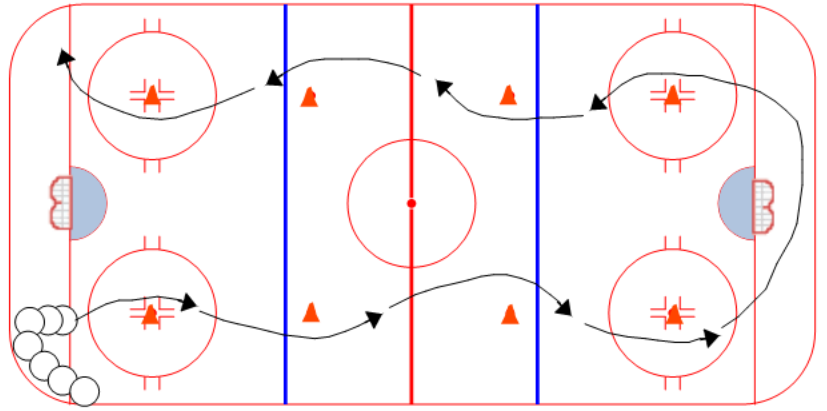
Mohawk

Description

1. Players start in corner.
2. Each player weaves through the cones, executing a mohawk around each cone.
3. Maintain the mohawk behind the net, then come back.

Note: Add a puck and a shot at the end as players begin to improve.

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



Key points :

Title : Mohawk Square

Category #1 : Skating

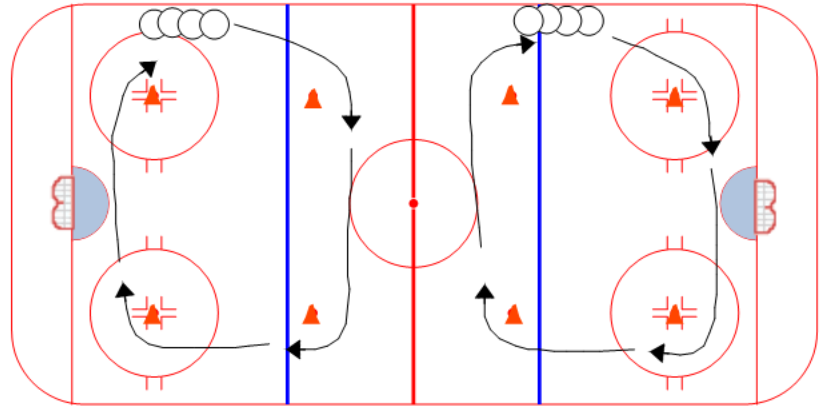
Category #2 : Mohawk

Description

1. Players start on the boards, about half way between the two cones
2. On the whistle, players skate around the square, executing a mohawk around each cone
3. After a few times through, go the other direction

Note: Once the players can execute the move well, put a puck on their sticks and have them do a toe drag with their mohawk at each cone.

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Key points :

knees bent

both inside edges

maintain control