

Title : Full-Ice Mohawk Snake Drill

Category #1 :

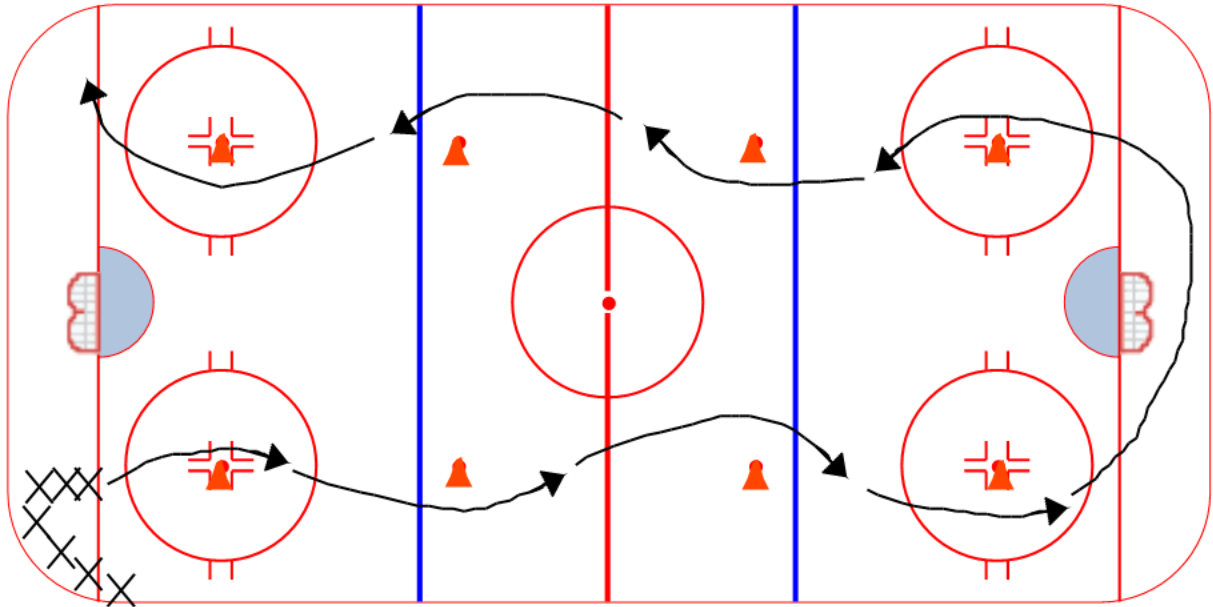
Skating

Category #2 :

Mohawk

Content elements:

Components :



Key Points :

Description

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

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

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