

Title : Mohawk Agility Drill

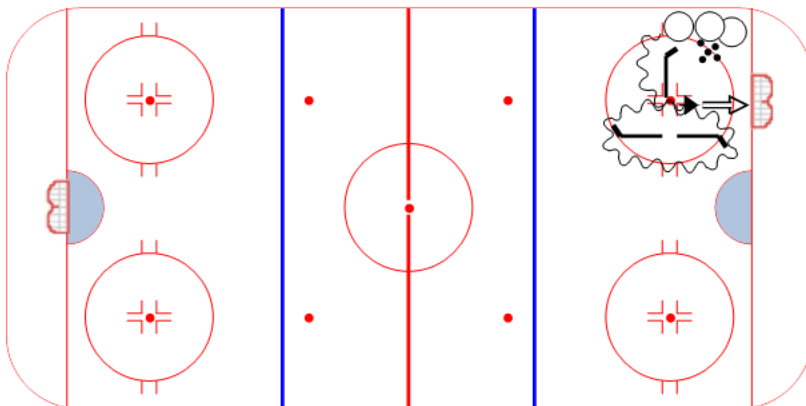
Category #1 : Skating

Category #2 : Mohawk

**Description**

Note: Drill can be used with cones, sticks, "Attack Triangles," SweetHands, or any other hockey obstacle. More creative obstacles produce more creative players in this drill.

1. Players line up as shown.
2. Puck carrier puts a move on the first stick, skates down around the second stick (putting a move on it), skates up around the top stick (putting a move on it), then shoots.
3. ENCOURAGE CREATIVITY!



Key points :

Mohawks

Power Turns

Creativity

Deking