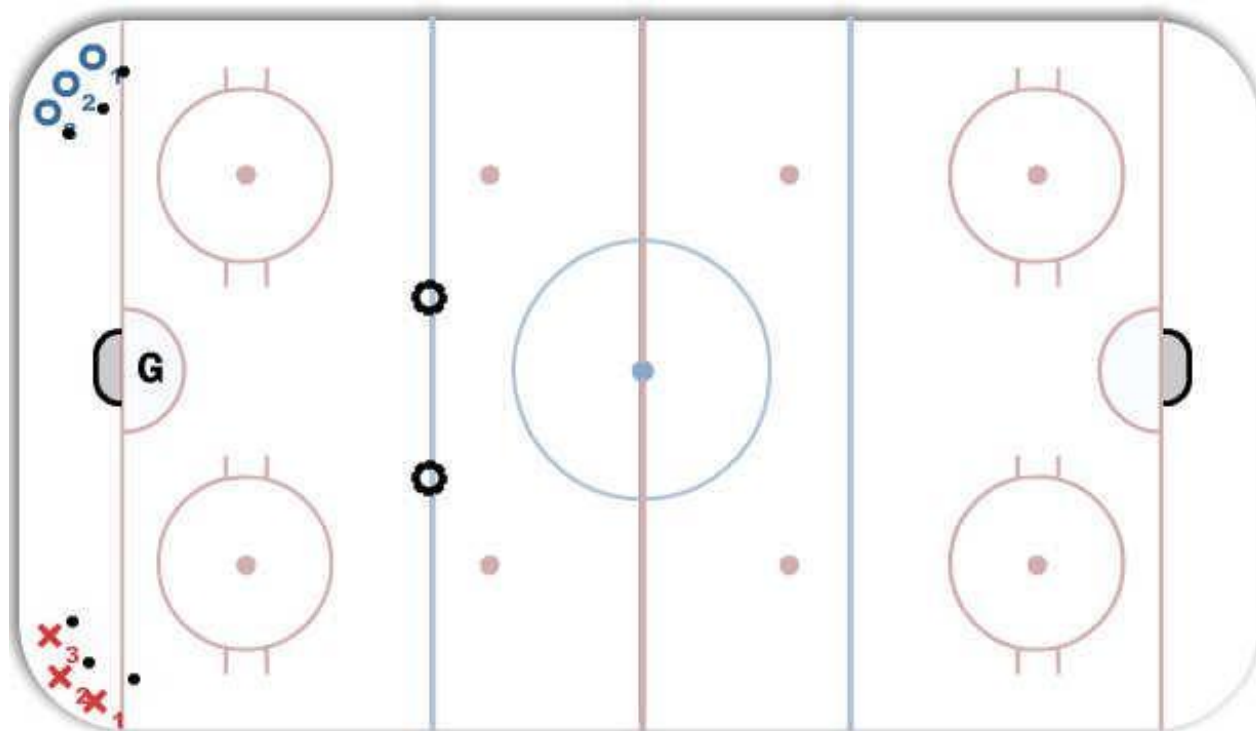


## 1/2 Alt 3 shot drill



[Animation #1](#)

### Description

Line players up as shown along with tire or cones, each player should have a puck.

On the coaches whistle players from one corner go 3 at a time

O1 goes halfway around the circle and takes a shot from the hash marks

O2 starts out around the circle and continues to go out around the tire and also comes in and takes a shot from the hash marks

O3 goes completely around the circle and also takes a shot from the hash marks

Once O3 has taken his shot the first 3 players from the opposite corner go and do the same drill.

As players are finishing drill they go to the line in the opposite corner they started from and make sure they alternate their position in the line so the same players are not always 1,2 or 3.

**Tags:** Skating, Puck Control, Timing, Shooting