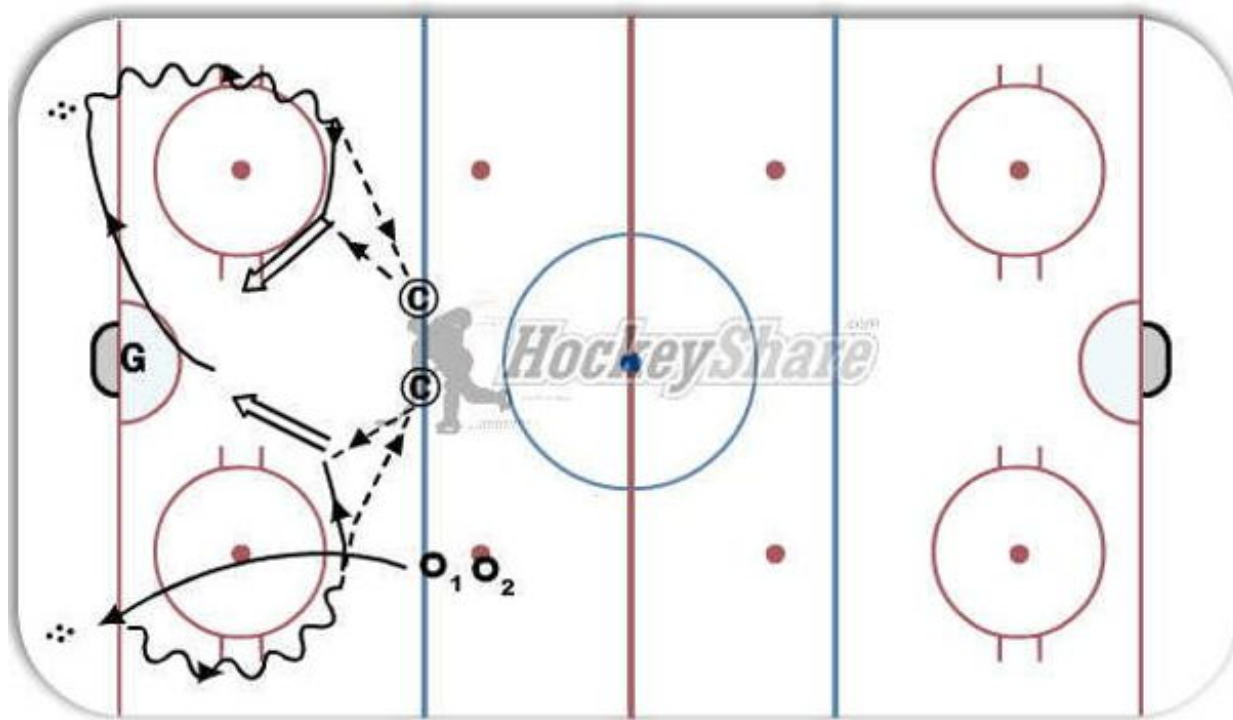


2 Passes & 2 Shots



Description

- 1) Players start at the Blue Line
- 2) O1 skates to the corner pick up a puck and does a tight turn out of the zone
- 3) O1 skates around the circle and passes to Coach
- 4) Coach lays the puck out in the slot for O1 to take a quick shot
- 5) O2 takes off right after O1 shoots
- 6) O1 continues to the opposite corner and picks up another puck
- 7) O1 skates around the circle and passes to the other coach.
- 8) Coach lays the puck out in the slot for another quick shot.
- 9) O2 will complete the same drill as O1
- 10) The players line up on the other dot once all players are done.

Notes: Need lots of pucks

Tags: Quick Starts, Puck Control, Passing, Quick shots