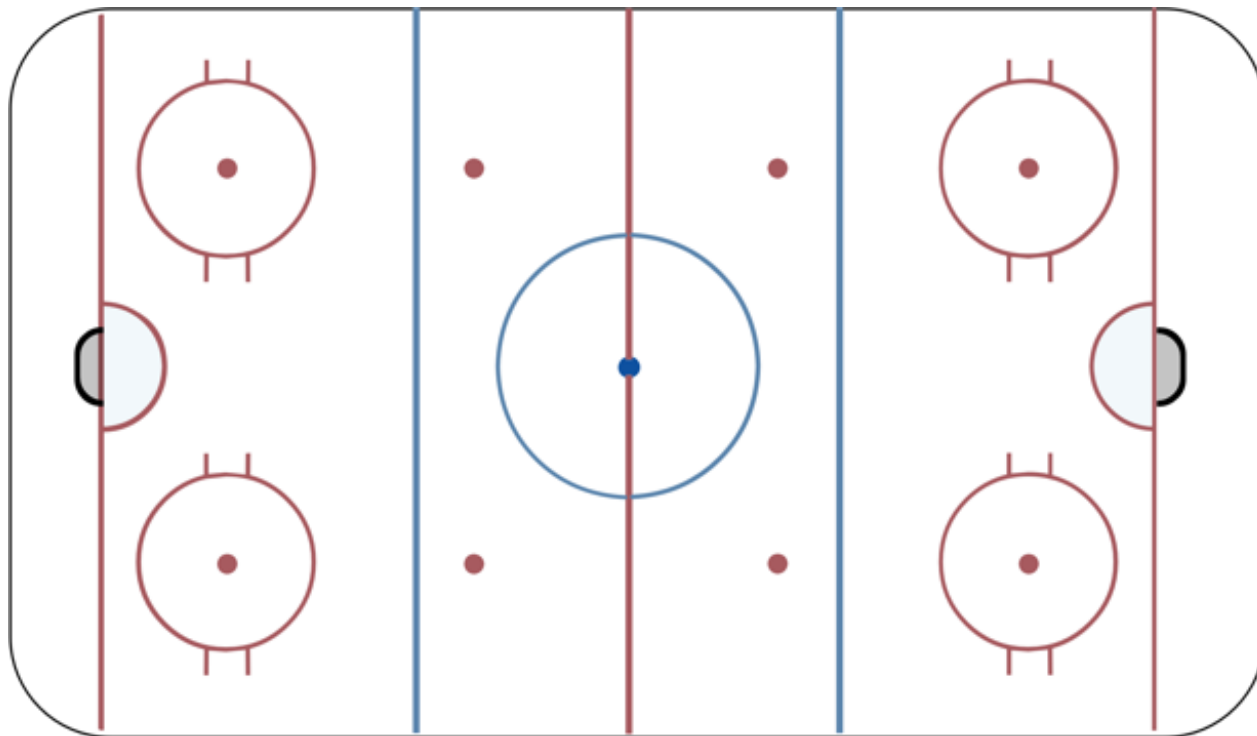


Keep it down



Description

Arrange 3-4 pucks in a semi circle just outside the crease in front of the net. The D takes a slapshot or HARD wrist shot and tries to hit a target puck.

Notes: In the Pee wee and up range I see most D putting the pucks up about head high (or higher) and I had a hard time getting them realize how important it is to keep the puck on the ice for deflections and tip-ins, This drill FORCES them to keep it down. Seems to work Good luck

Tags: Keeping you defenseman Big shots down on the ice for deflections and tip ins