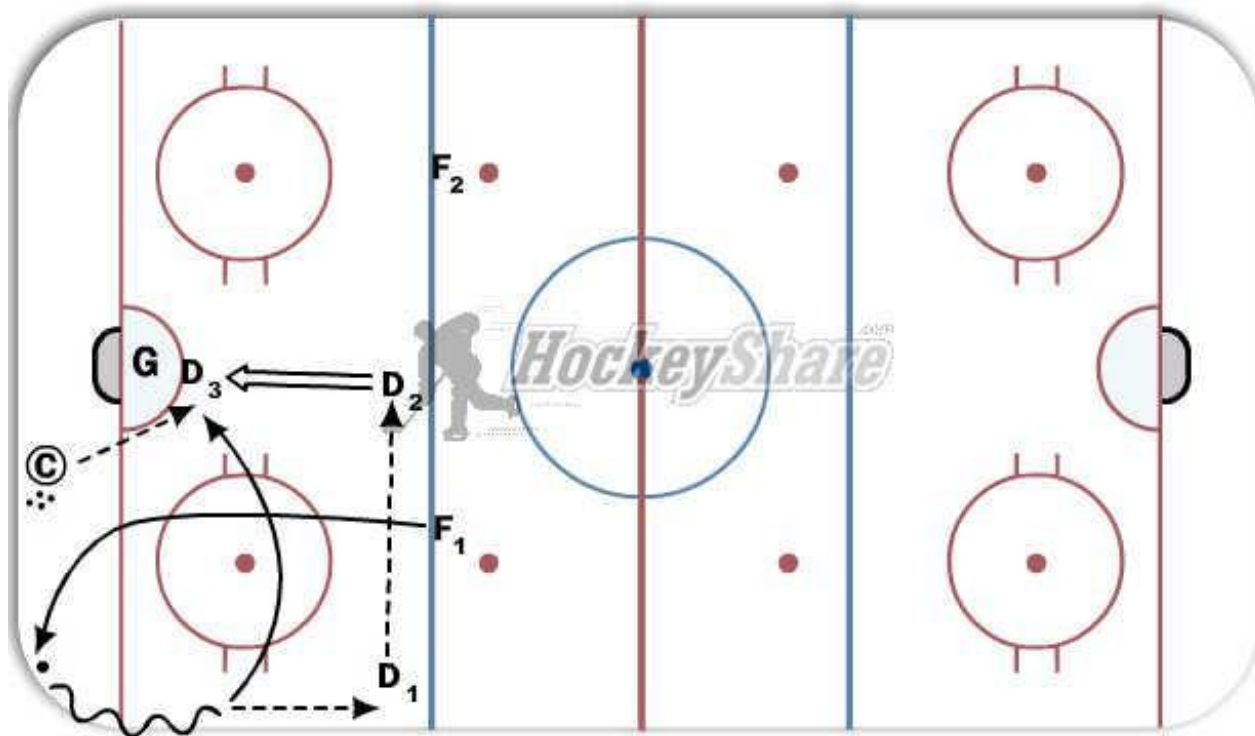


3 Whistles Drill



Description

Whistle #1 -- puck dumped into corner.

F1 skates and digs puck out of corner and then makes pass to D1 at the near point.

D1 makes D2D pass to D2.

F1 cycles to slot to battle with D3 for deflection/rebound.

D2 shoots low on net looking for F1 deflection.

Whistle #2 --- same drill from F2 player from opposite corner. F1 stays in front of net with D3.

Whistles #3 --- coach behind net passes to either F1 or F2 in front of net. 2v2 battle in front of net.

Tags: Getting to Net for deflections/rebounds., D2D passing., Low shots from point., Battles in front of net.,