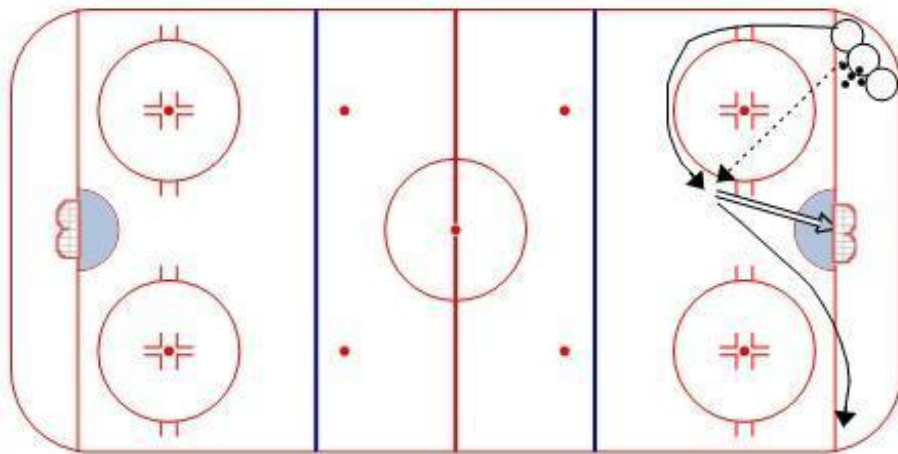
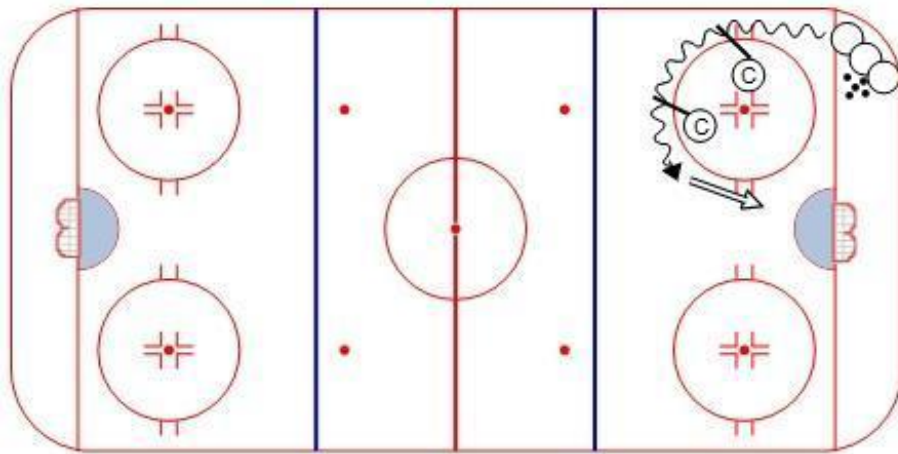
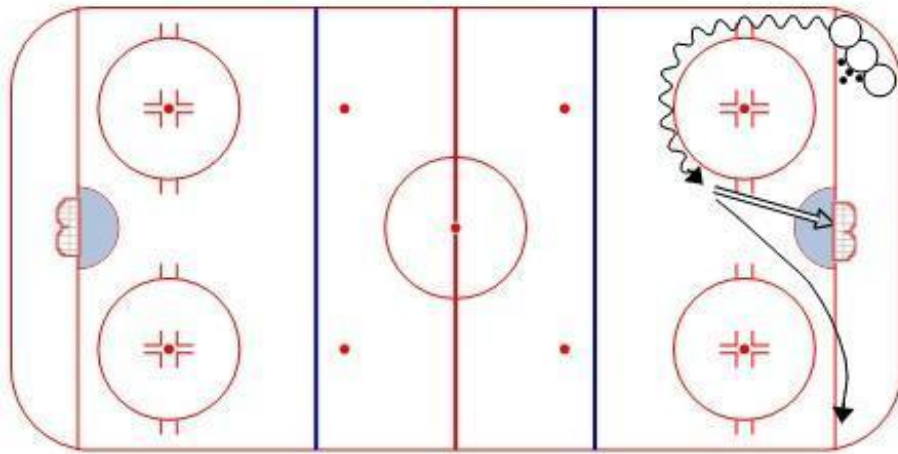


Snake Shooting Drill



[View on YouTube](#)

Description

Option 1:

1. players line up in corner
2. on whistle, first player in line skates up and around the top of the circle, attacking the "seam"
3. if on forehand, player shoots in stride, if on backhand, player executes a mohawk, and shoots from the forehand
4. after shot, players line up in opposite corner

Option 2:

1. Basic snake - add coaches for "token" resistance
2. Start by drive skating through the coaches, using puck protection
3. Then switch to an outward facing inside mohawk as the protection move at each coach

Option 3:

1. First player leaves without a puck
2. Next player in line passes out for a one-time shot
3. Use Mohawk if on backhand

Notes: Visit the following link for a video demonstration of the mohawk: <http://weisstechhockey.com/blog/572/powerskatingdrills/>

Tags: - explode through the seam, - shoot in stride, - use mohawk when on backhand