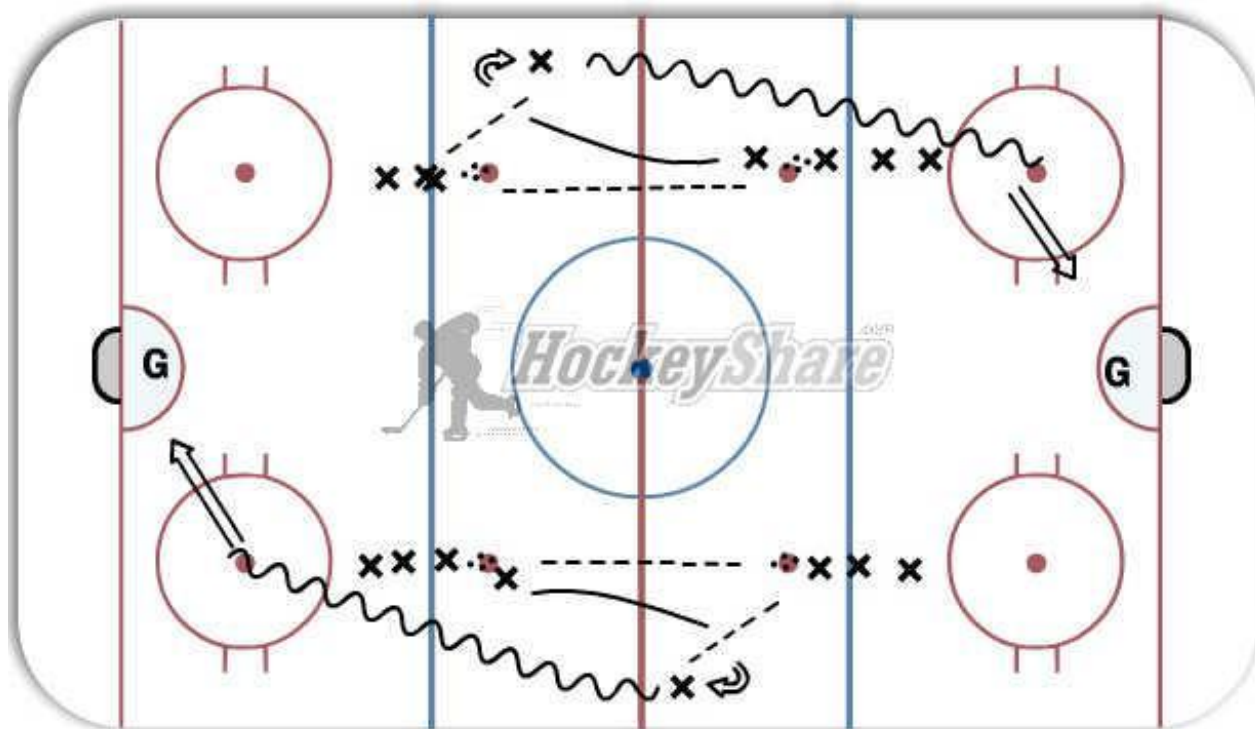


4 Dots Shooting Drill



Description

Drill starts with a player from each line diagonally across. Player starts with a puck and skates a bit then makes a pass to first player in line. Player then skates below the red line and opens up for a pass from other player with the puck. Player goes down for a shot on the goalie.

Opposite lines then go next and the drill continues.

Progression: After awhile players can open pivot to the middle of the ice and passes are cross ice.

Tags: Good Passes, Always facing the puck, Feet Moving