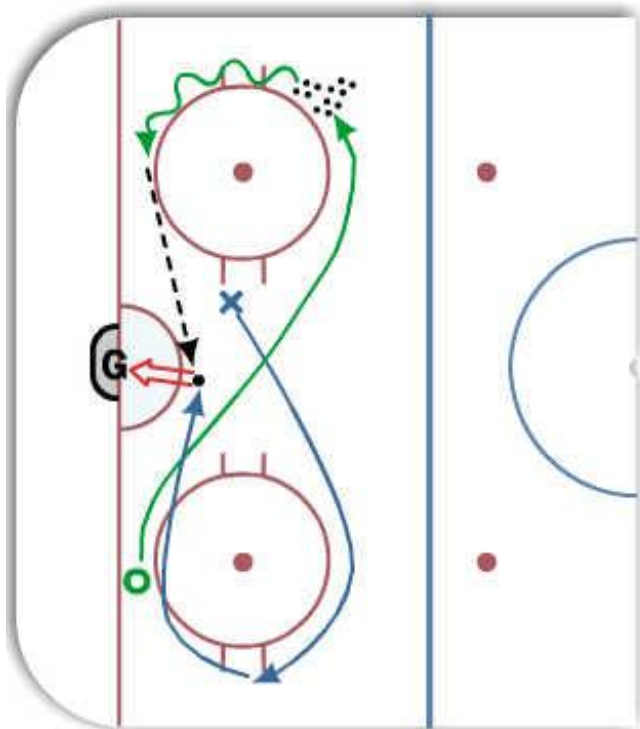
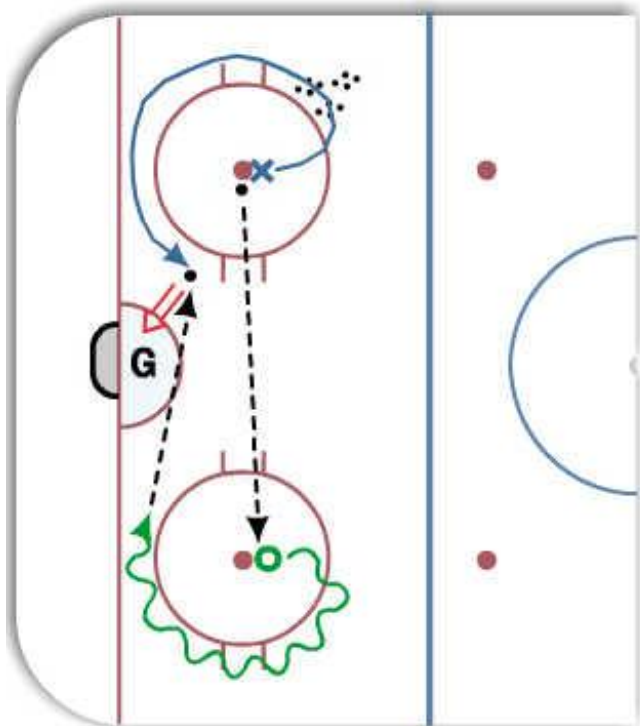


Quick Feet One Timer Drill



Description

- 1) Two players line up on face off dots to begin drill.
- 2) Player 1 begins drill by passing across to Player 2
- 3) Player 2 skates around circle with puck while Player 1 skates around circle and drives to net.
- 4) Player 2 passes to Player 1 for one-time shot.
- 5) After shot, both players continue skating around the other face off circle.
- 6) Player 2 now picks up puck and passes to Player 1 for one-time shot.

Notes: - Make sure your goalie follows puck and does not cheat the drill by moving before puck.

Tags: - Quick feet, - Passing while moving, - One timers, - Finishing