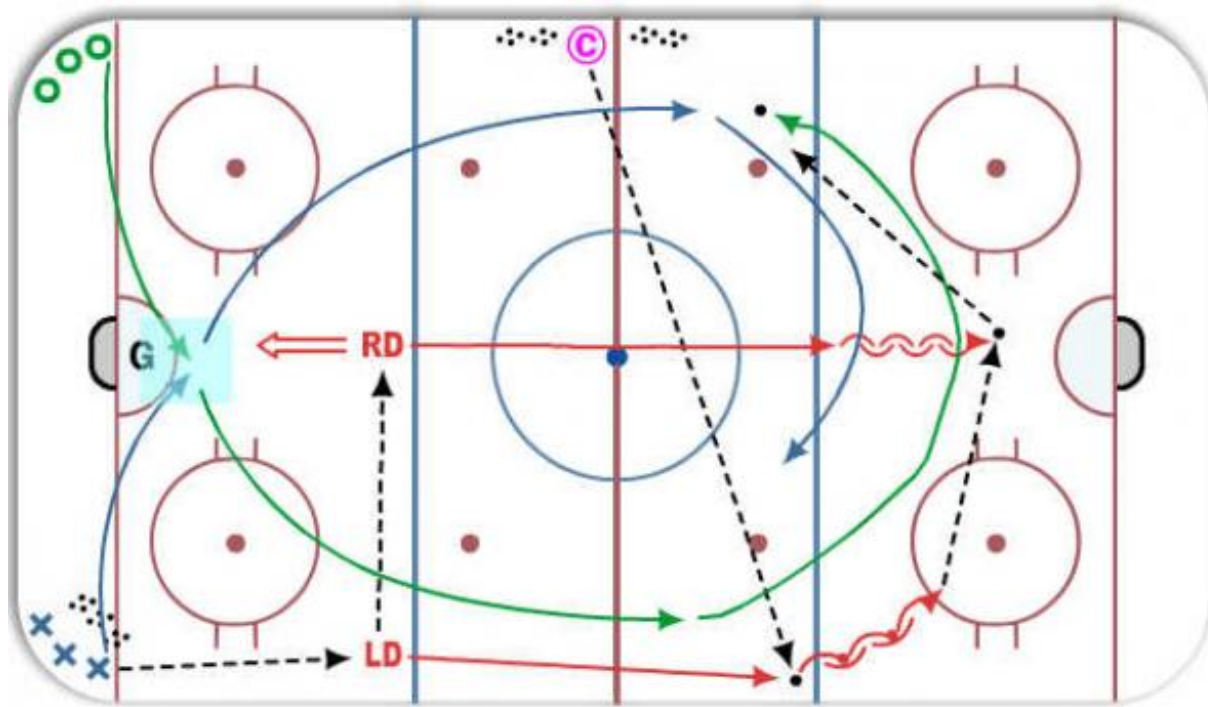


Tip, Rebound and Regroup Drill



Description

- 1) X1 starts drill with pass to D on the point
- 2) X1 and O1 both crash net as Defenseman make a D-to-D pass
- 3) RD takes low hard shot on net from point
- 4) Following tip/rebound, coach dumps another puck out into neutral zone
- 5) RD, LD and both Forwards skate back toward neutral zone for regroup
- 6) Following regroup, forwards skate back into zone for a 2-on-0 and shot on net

Notes: - Switch defenseman sides half way through.

Tags: - Low shots, - Screen goalie, - Regroup, - D to D