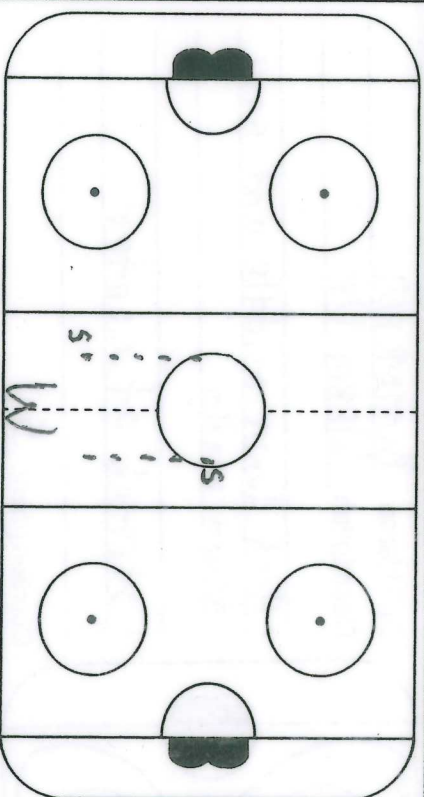


DRILL SHEET

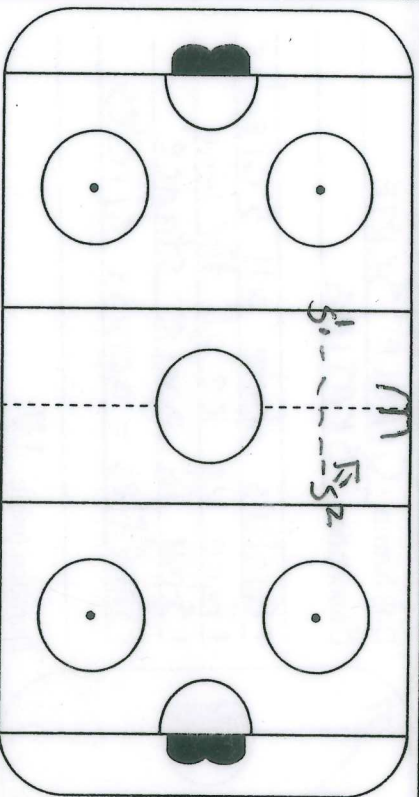
Date: _____ Team: _____



Drill Name STATION I
 Description H1-LO SHOTS

- 1- Line up 5 pucks in a line
- 1- One shooter starts lo-hi and the other shooter does opposite.
- 1- Be sure goalie is square.

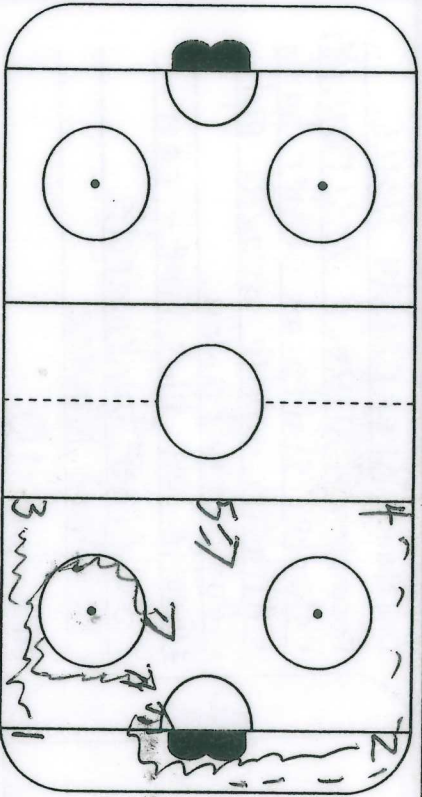
Duration (min): 8-10



Drill Name STATION II
 Description BACK DOOR - REBOUND

- 1- S1 pass to S2 for shot.
- 1- Both collapse for rebound.
- 1- Play till goalie covers/goal
- 1- If score on 1st shot - spot puck

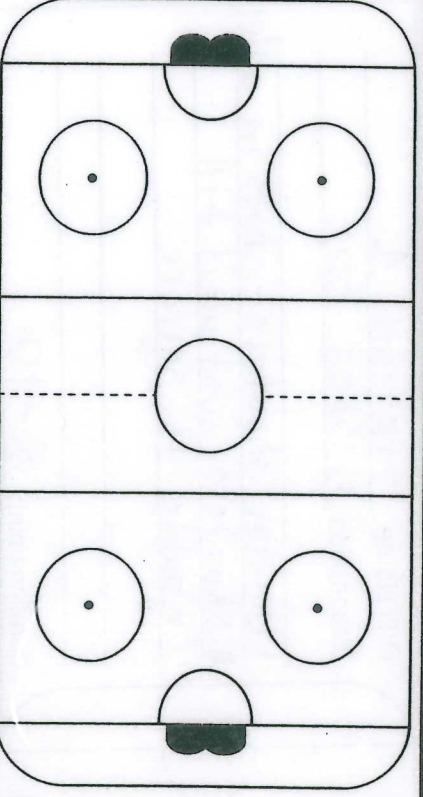
Duration (min): 8-10



Drill Name STATION III
 Description 5 SHOT

- 1- Walkout
- 2- Behind Net - wrap
- 3- 0 drive
- 4- Rim
- 5- Pt shot

Duration (min): 8-10



Drill Name _____
 Description _____

Duration (min): _____