



Cat #1:

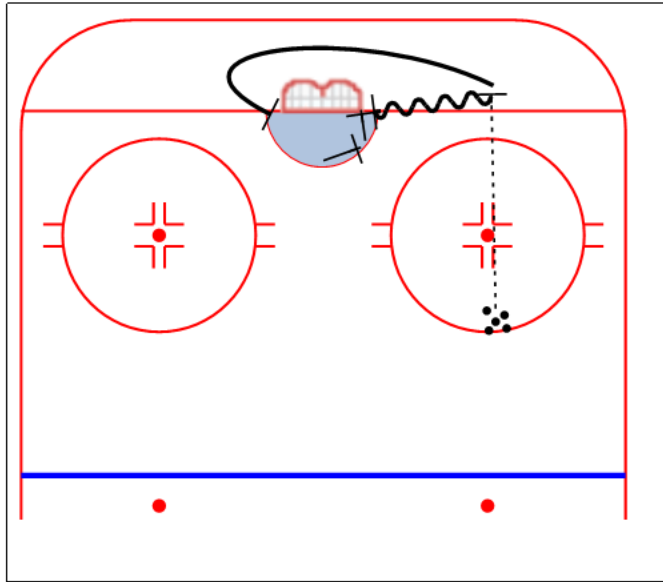
Skate 1

Title : Technical 4 (Wraps)

Cat #2:

Drill 4

Level : U13



Holding feet until net drive.

Alignment when in post lean/RVH.

Stick activation on net drive.

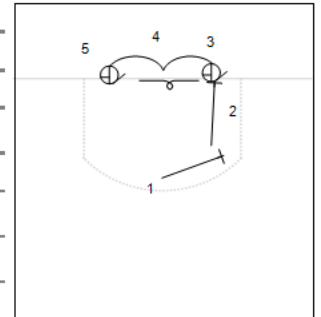
Good seal when in post lean/RVH.

Description (notes)

Goaltenders will start at top of crease in stance. First movement will be a t-push to F1 who is at top of circle. Goalies will follow pass to F2 who is down below goal line. F2 will drive to close side net for a jam on first shot. Goalies will reset to middle and repeat drill, the 2nd shot will be a farside wrap/jam. 1 Rep is 2 shots.

Proper post lean and alignment is important on this drill.

- 1) T-push to F1 on Circle
- 2) T-Push to post and square up to f2
- 3) Drop into post lean/RVH for shot 1
- 4) Shuffle/collapse to far side post
- 5) RVH/post lean for shot 2
- 6) _____
- 7) _____
- 8) _____



_____ times each sides.

_____ minutes