

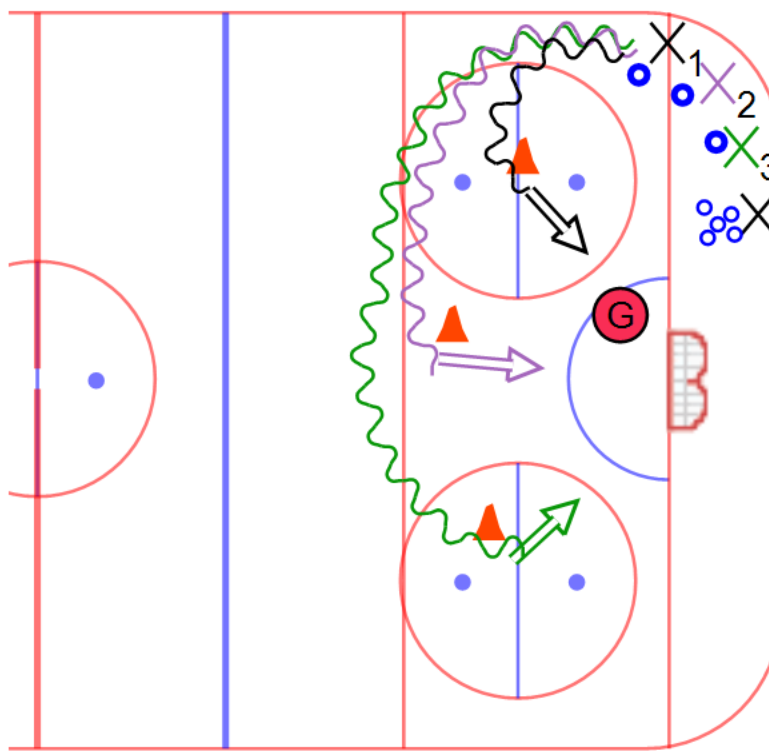
Category #1 :

Title : Bentley's

Category #2 :

Content elements:

Components :



Key Points :

Description

3 shooters come out of the same corner, leaving at the same time, each with a ring. You can choose to set up pylons or not. The goalie should have time to shuffle across to face each shot square on. The shooters should not be making fakes or dekes, this is a goalie warmup.

If the shooter comes around the pylon on their backhand, they should shoot on their backhand. You could alternate sides, or do several rounds from one side and shift everyone to the other side.

Added detail: after each shooter takes their shot, they have to stay in front of the net to get rebounds (from anyone of the 3 shooters, not just their own), rather than shoot and skate past the net. This builds the reflex of anticipating rebounds. They can be told to put the rings in the net, or merely to go get them quickly. Recommend having goalies ignore the rebounds, but if that is too difficult, don't have the athletes shoot the rebounds.

Next group of 3 can start on the whistle, or when the goalie is set on their post.