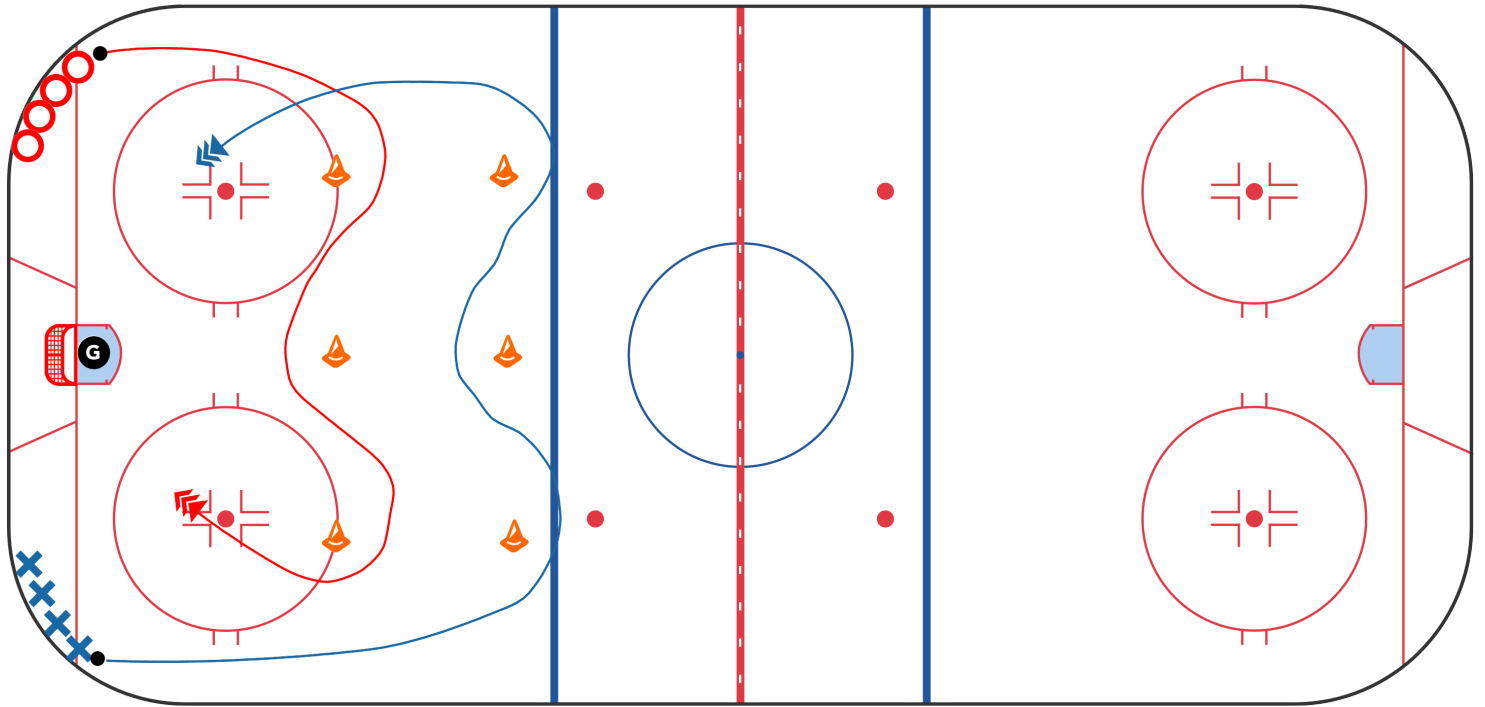




High/Low



Description

Players line up in the corners with pucks.

On the whistle, both sides go, one side goes to the HIGH pylons and one player goes to the LOW pylons.

Players skate through the pylons and curl in and shoot on the goal.

Key Points

- Players a to gain speed through the pylons via crossovers
- Heads up/timing when they shoot, shots should not come at the same time
- Players should see the goalies eyes before they shoot to know that they are ready for the shot.
- Shoot low and hard, this is a warm up drill.