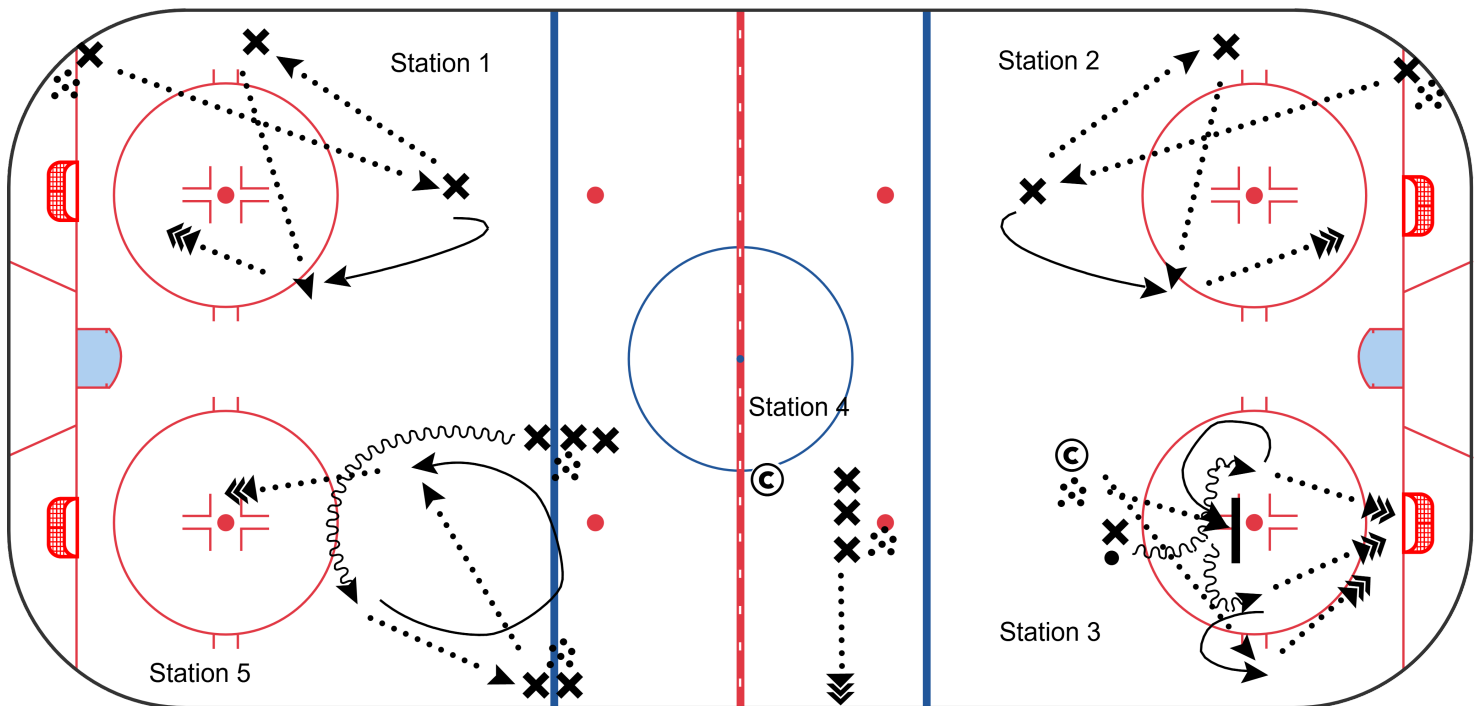


Shoot off the Pass Stations



Description

Station 1: Line in the corner, pass to the top player, that player passes to the half wall, then moves with good timing down the "slot" gets a pass from the half wall for a one-timer or shot off the pass. Each player rotates up one spot, player that shot moves to the line.

Station 2: Same drill as Station 1, just the other way.

Station 3: Three shot drill. Player will carry a puck around the barrier to their forehand side first, shooting in stride. After first shot, skate back to the front of the barrier and pick up a loose puck that the coach has shot off the barrier, carry to backhand side and complete a quick backhand shot. After that shot, quickly open up for a one-timer from the coach for the third shot.

Station 4: Shooting against the boards, with instruction from the coach. Working on shooting in "Stride Formation." Right handed players will have their right leg moving backwards when shooting

Station 5: Alternate which line starts the drill, switch lines every rep. Player will skate down to the top of the circle with a puck, make a pass to the other line. continue skating back towards the blue and open up for a pass from the line for a quick shot off the pass.