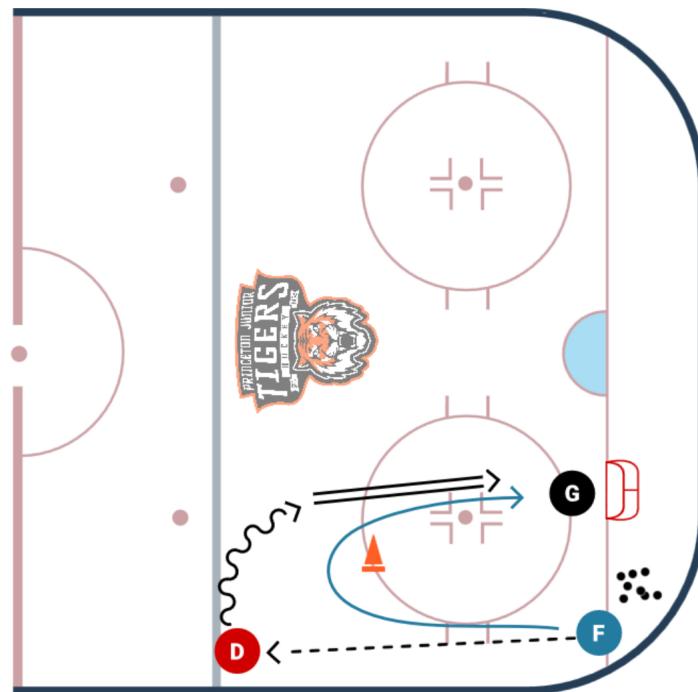




D ACTIVATION AND TIP DRILL

Time:

Station:



OVERVIEW:

- 1Start with forwards and pucks in corner. Defense at the blue line.
- 2On the whistle, forward "activates" the defense with a crisp pass.
- 3Forward loops around the cone, facing the play, and stops in front of the net to screen the goalie or tip the shot.
- 4Defense walks the puck in and releases a low, hard shot or slap pass.

COACHING POINTS:

- 1Forwards should present a target to the defense.
- 2Defense needs to move the puck with authority.
- 3Add a coach at the cone to present their stick to one side and force the defender to keep their head up and pick a direction to go with the puck.