



Hit - Zone Assist - Coach Barry

Set up a cross-ice game with two nets and a center line dividing two scoring zones. In each scoring zone, place one offensive support player in the corner hit zone. Teams may only use the support player in the active zone, and that player must touch the puck before a shot attempt. After scoring, the scoring team must reset behind their own net. Goalies use shuffle movements only, focusing on angle control and body positioning. Emphasize puck movement, corner support, spacing, and fast transitions.