

Title : "S" Drill

Content elements: _____

Components : _____

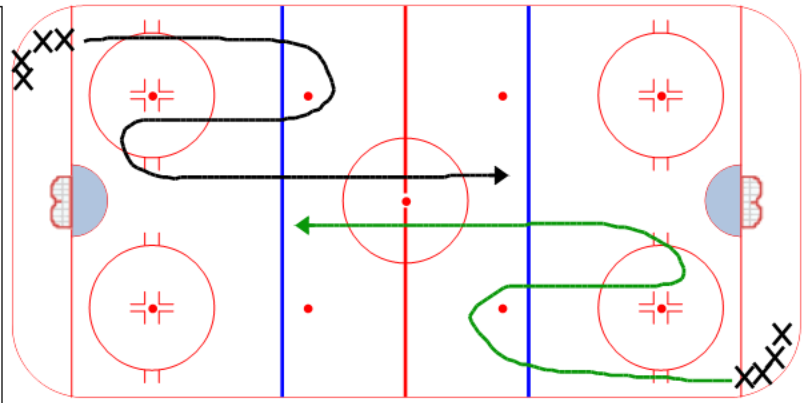
Description

This drill can be done with or without pucks.

Each skater skates an S pattern and can finish with a shot on goal.

You can have the skater go without a puck and then receive a pass from a player in the corner when they reach the far end.

Make sure they keep their feet moving through the turns as best they can.



Key Points :