

Title : Swing Drill

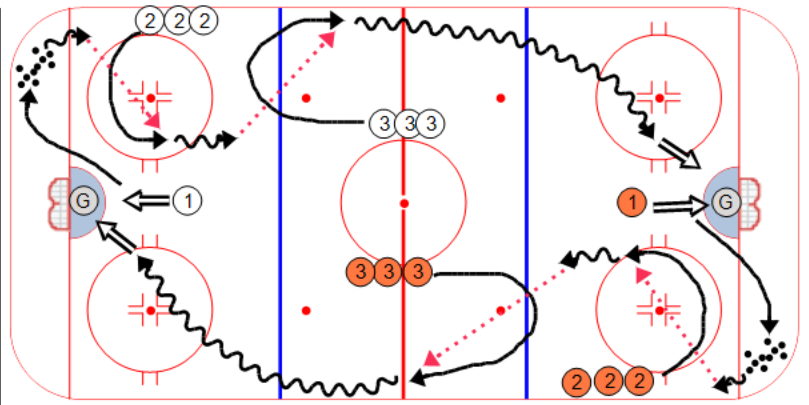
Content elements: _____

Components : _____

Description

Simple passing drill to work on flow.
Have 1 start the drill with a shot from the slot.
1 picks up a puck in the corner and passes to 2 who has circled out to the center lane to receive the pass.
3 circles to the outside lane to receive a pass from 2.
3 skates in and shoots on goal. After the shot 3 skates to the corner and picks up a puck to begin the drill again.

This is a continuous drill at both ends.
Players go to the next line after their pass.



Key Points :