

Description

Players line up as shown.
Spin the net so the back blocks the end boards.

X1 and X2 battle for puck along the boards.

On whistle coach dumps a new puck into the zone and the two players at the top go in to the battle.

Original two players move out and take spot next to net. All other players cycle up to the top of the line.

Great drill to work on skills along the walls. Keep sticks low to avoid hooking.

Key points:

