

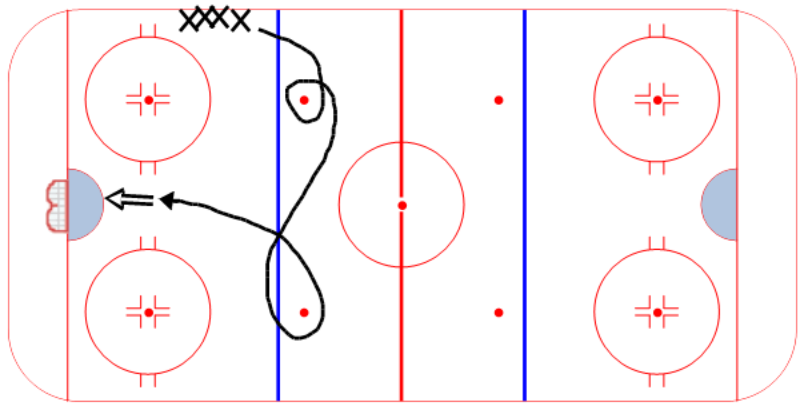
Description

This drill is the same as option #1 only run from the side boards. Drill can be run with or without pucks.

Make sure the players work on moving their feet through the turns and don't just glide.

The drill is designed to get players out of their comfort zone and to learn new skating skills. It is okay if a player falls or loses the puck since we are trying to force them out of their comfort zone.

As players progress over time they should be able to make tighter turns around the dots.



Key Points :