

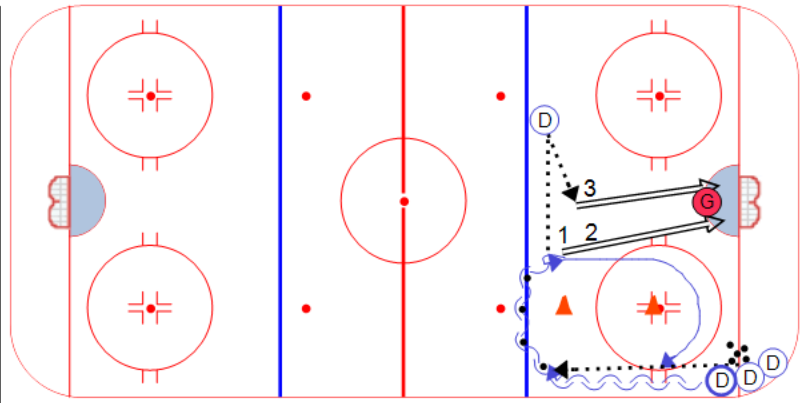
Title : Swedish Shooting Drill

Content elements: _____

Components : _____

Description

This ice hockey drill is great for defensemen to work on their shots, passing, and pivoting. Each player will get three shots. To start, the defenseman receives a puck from the corner and gains the center of the ice as quickly as possible and shoots from the top of the slot. The player continues around the cones always facing the net. This forces them to pivot and receive the next pass going backwards. When they receive the next pass the player repeats as in the first rep. When the player receives the third pass, they quickly give a pass to their partner who gives a pass back for a one time shot near the top of the slot. The key is to encourage the players to keep the feet and puck moving.



Key Points :