

Title : Quick-Up Shooting

Category #1 :

McDonald

Category #2 :

NZ Regroup

Description

This drill is used to practice the quick transition NZ regroup

D1 skates back and picks up a puck at the top of the circle.

F1 skates out hard to the blue line near the dot

F2 swings below the circle

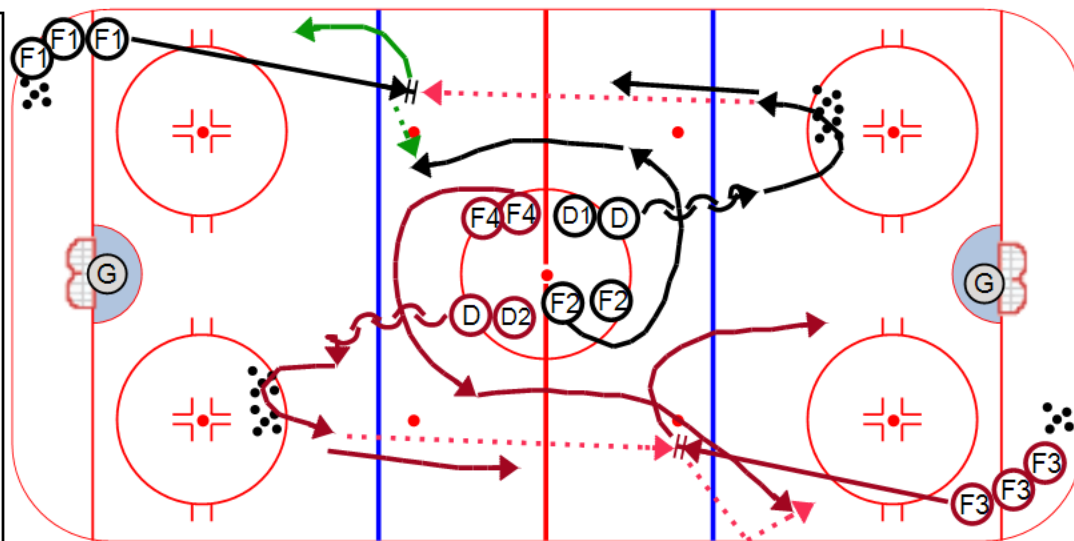
D1 passes to F1

F1 can do the following

- 1) Chip back to F2
- 2) Turn and enter the zone
- 3) Chip off the wall to F2

F1 & F2 enter the zone 2x0

D skates up to the blue line



Key points :

Title : Quick-Up Shooting (seq 2)

Category #1 :

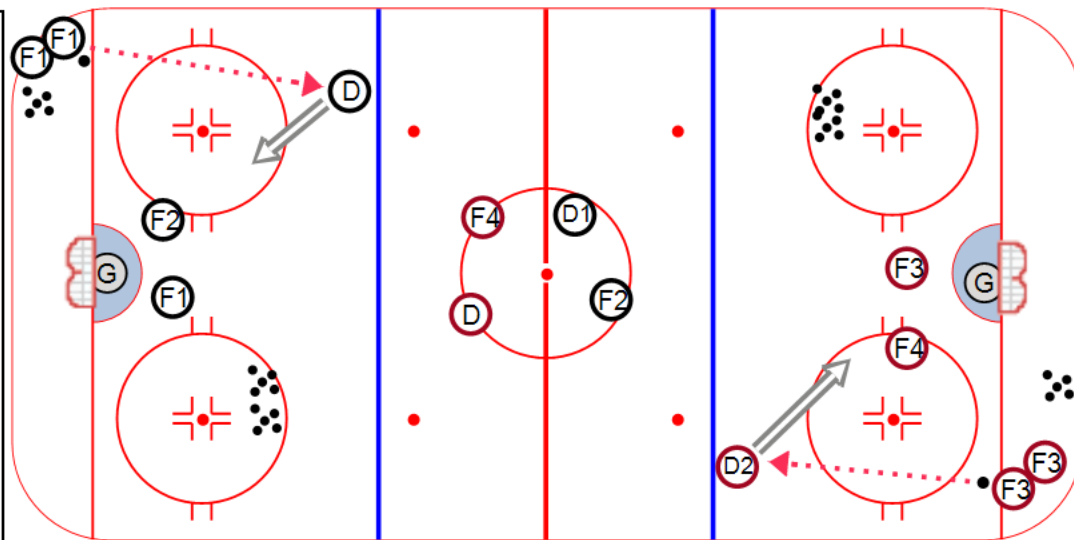
McDonald

Category #2 :

NZ Regroup

Description

After the 2x0 the next forward in line passes to the D coming into the zone for a shot with the two forwards screening the goalie.



Key points :