

Title : THREE RUSH CONCEPTS

Category #1 : Cronin High Tempo Drills

Category #2 : Forwards

Description

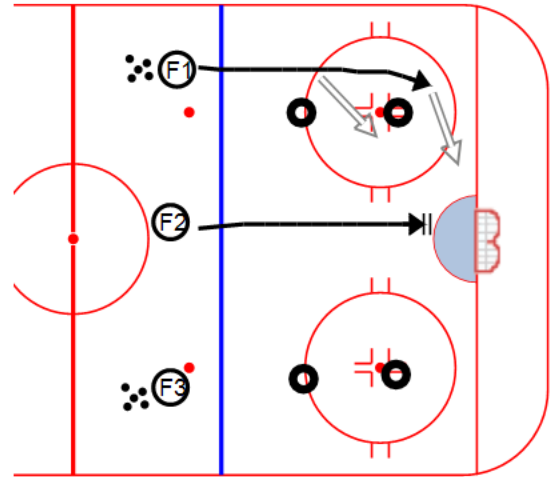
Use tires or cones if you have them to create shooting/passing lanes

1. F1 goes hard down the outside lane and shoots either between the tires or after the second tire.

2. F2 drives hard down the middle to get to the front of the net

Switch sides and let F3 start the drill next time.

The center does not need to be the F2 player all the time because he will be on the outside on rushes during a game and needs to practice this skill.



Key points:

High Tempo

Hard Low Shot

Drive the Lane

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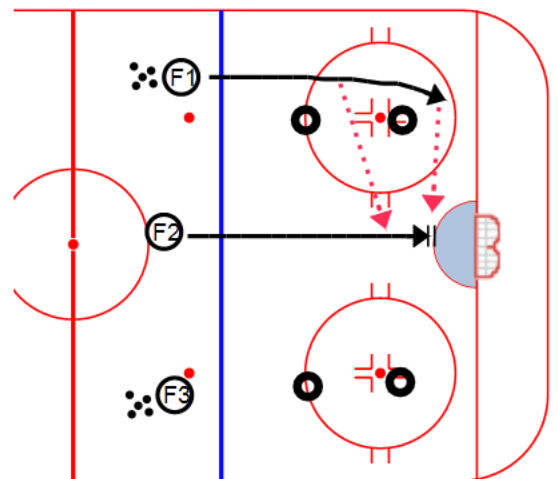
Category #2 : Forwards

Description

1. F1 drives down the outside lane and passes hard to F2 in the middle for a deflection.

2. F2 drives hard to the net always with his stick down to be ready for a pass

Work the drill from both sides



Key points:

High Tempo

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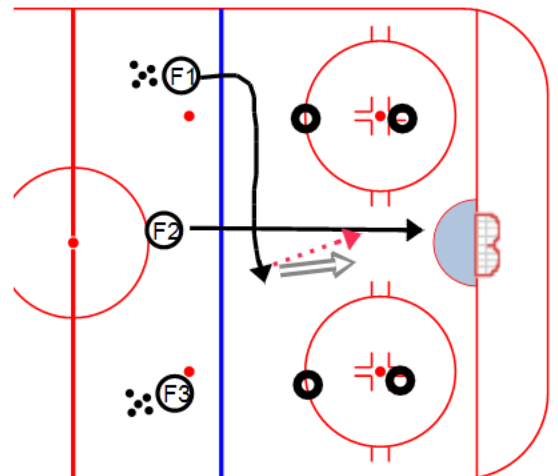
Description

1. F2 drives hard to the net

2. F1 comes across the high slot and either shoots or passes to F2

F2 should always be ready for a pass or a rebound

Work drill from both sides



Key points:

High Tempo