

Title : 4 Dot Skate and Shoot

Category #1 :

Skating

Category #2 :

Skate/Shoot

Description

This drill is designed to have the players work on passing while skating hard around the cones and it finishes with a 2x0 shot.

Pucks in one corner. Player with the puck skates with player from the opposite line and they pass back and forth as often as possible as they make a full cycle around the cones.

On the second cycle around the cones they come back down the middle 2 on 0 and take a shot on goal.

As the two players start down the middle the next two players start the drill again.

Key points:

