

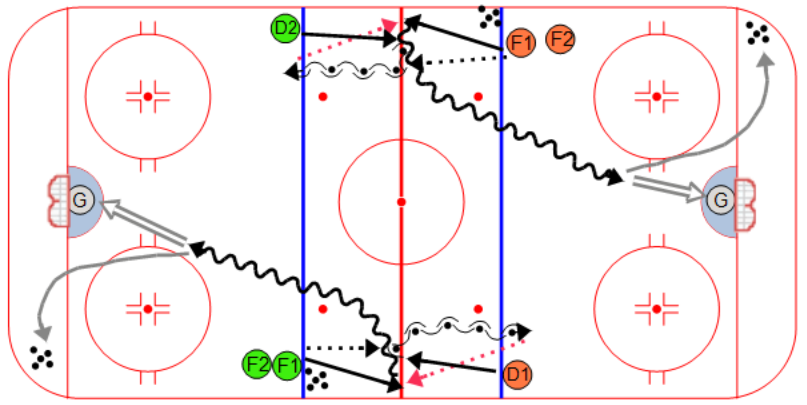
Title : St. Paul 3 Shot

Content elements:

Components :

Description

D skates to red line and receives a pass from F1
D backpedals with puck while F1 skates to red line and opens up to receive a pass
D passes to F1 who skates in for shot #1
F1 goes to the corner to retrieve a puck for shot #3 of the drill



Key Points :

High Tempo

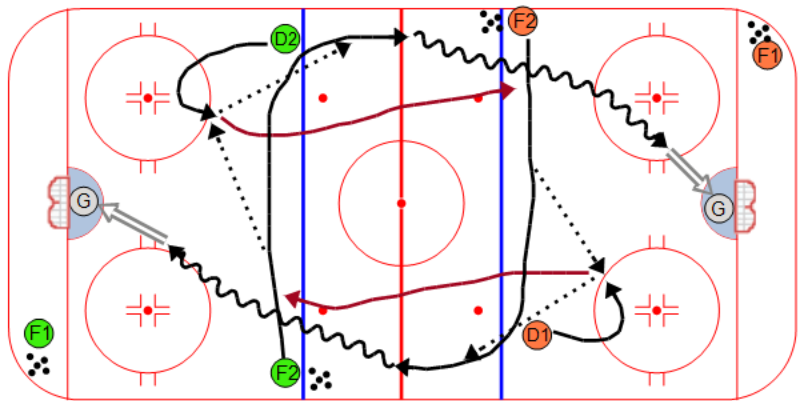
Title : St. Paul 3 Shot (seq 2)

Content elements:

Components :

Description

F2 skates across the blue line and passes to D near the top of the circle
D passes back to F2 as he turns up ice and follows to the opposite blue line
F2 goes in for shot #2



Key Points :

High Tempo

Title : St. Paul 3 Shot (seq 3)

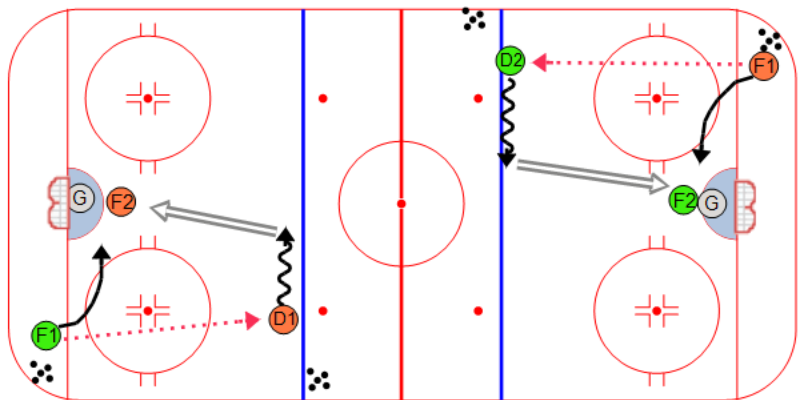
Content elements:

Components :

Description

F1 who skated to the corner after shot #1 passes to D at the blue line then goes hard to net for rebound
F2 stays net front for screen
D takes hard low shot #3

NOTE: Make sure this drill is run at a high tempo.
Players need to practice as if it were a game situation.
Make sure the shots are kept low for tip opportunities



Key Points :

High Tempo