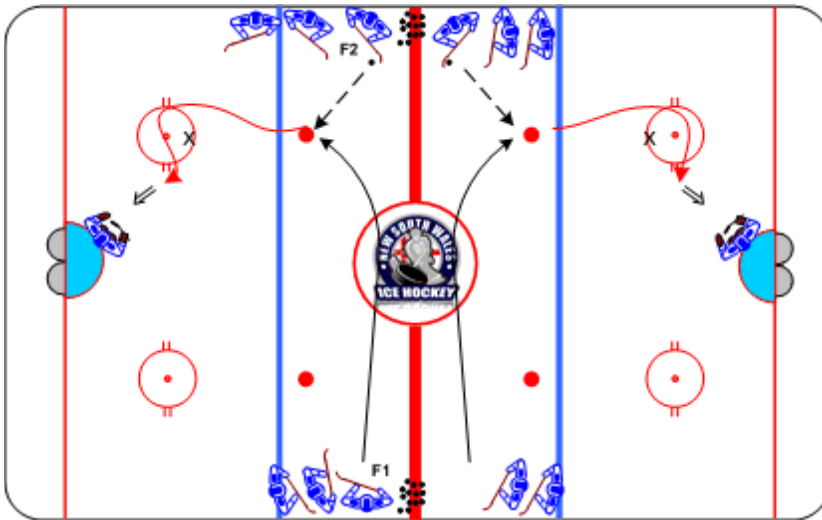




Reverse A•B•C•D Drill

Duration: 8 mins

- F1 Control skates to centre of ice
- F2 Leads F1 with timing pass
- F1 Accelerates onto the puck, drives around the coach and shoots
- F1 Continues in front of the net to opposite line
- F2 Repeats



Coaching Tips

- Acceleration onto puck and into zone
- Keep feet moving during shooting
- Soft lead pass

Execution Tips

- F2 to wait until F1 passes coach before beginning
- Full speed back to line simulating backcheck