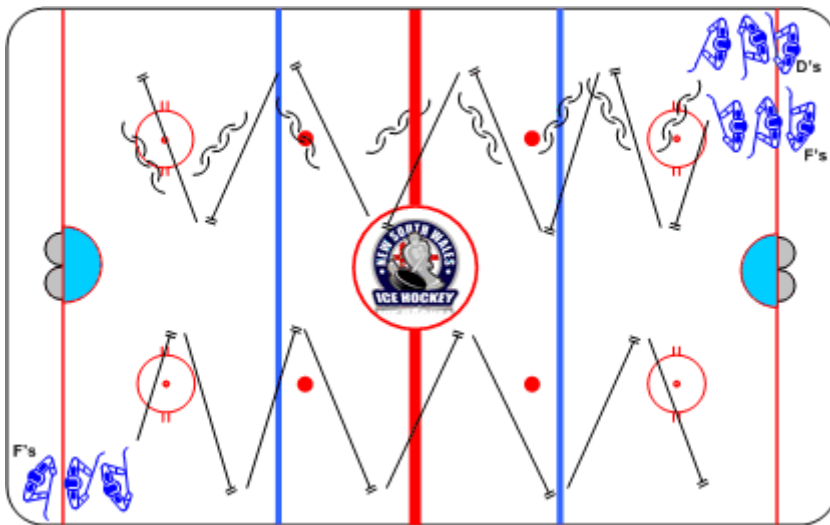




3-Step Drill

Duration: 6 mins

- Players skate in a zig-zag pattern the length of the ice
- Drill is repeated in partners - one skating backward, one skating forward
- Pucks can be added, with the forward skater controlling while moving in a zig-zag pattern



Coaching Tips

- Quick feet
- Gap control with partner
- Shoulder position, protecting mid-lane

Execution Tips

- Quick pace of stops and change of direction
- Use of lateral crossovers by defenders