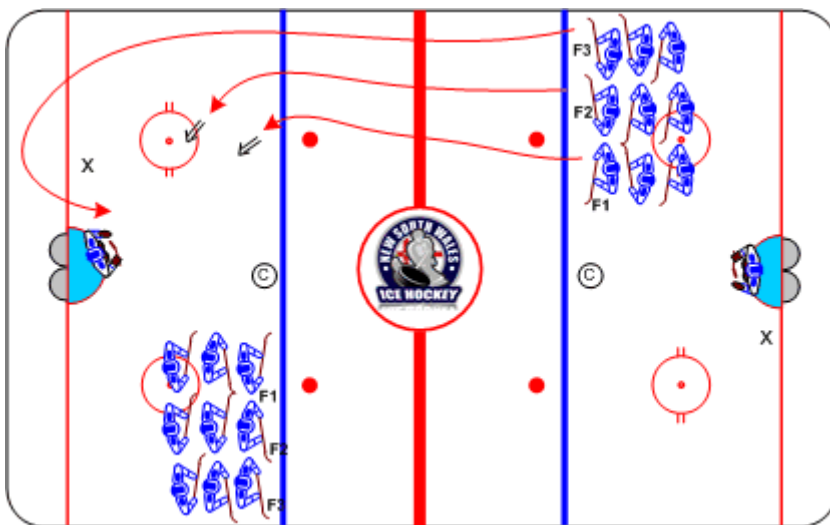




3-Shot Drill

Duration: 7 mins

- On the whistle, 3 Forwards leave, each with a puck
- F1 slap shot
- F2 snap/wrist shot
- F3 walks out from the corner



Coaching Tips

- Goalie speed
- Heads up shooting

Execution Tips

- Drill flow
- Slap shot must be from the blue line
- © to monitor safety; one shooter at a time