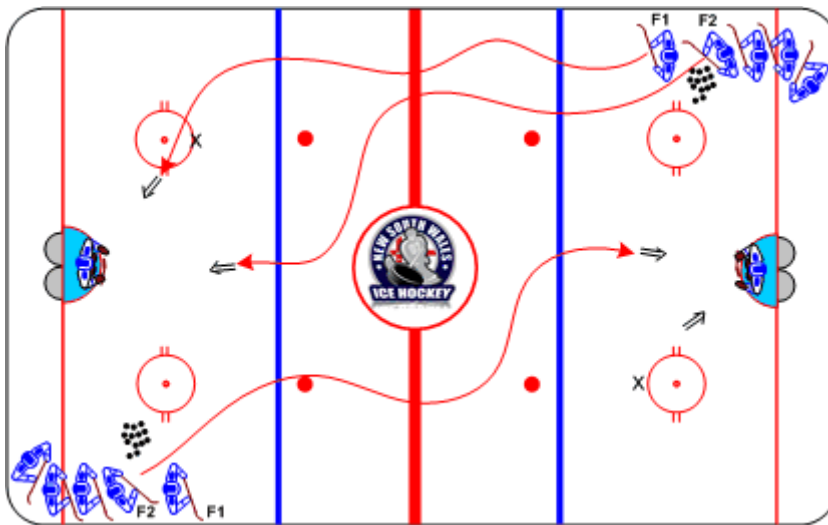




Oiler Drive Drill 1-on-0

Duration: 8 mins

- Pairs of Forwards control skate to centre line and accelerate to offensive blue line
- **F1** fakes, then drive skates outside pylon for shot
- **F2** drives inside pylon, down mid land for shot
- Next 2 begin as previous pair reaches the far blue line



Coaching Tips

- Shoot in stride
- Keep the head up while protecting the puck
- Stop in the slot for rebounds

Execution Tips

- No deking - shoot from drive skate
- After shot, **F1** stops and faces **F2**
- Forwards should be finishing towards goal