



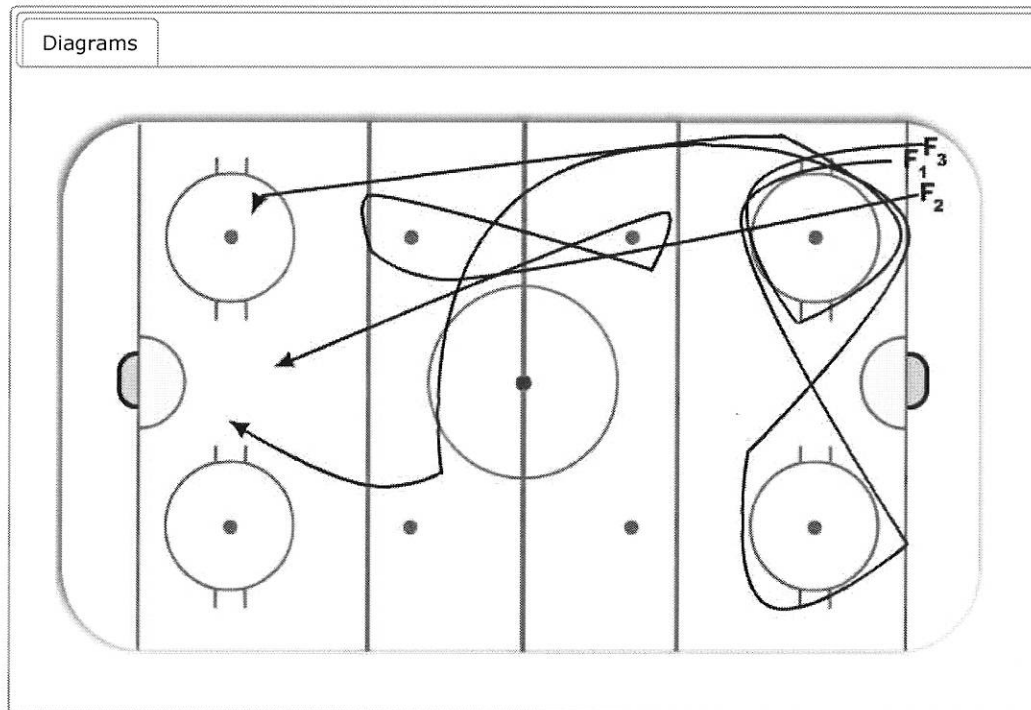
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3 lane shooting with skating



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Goes from both sides

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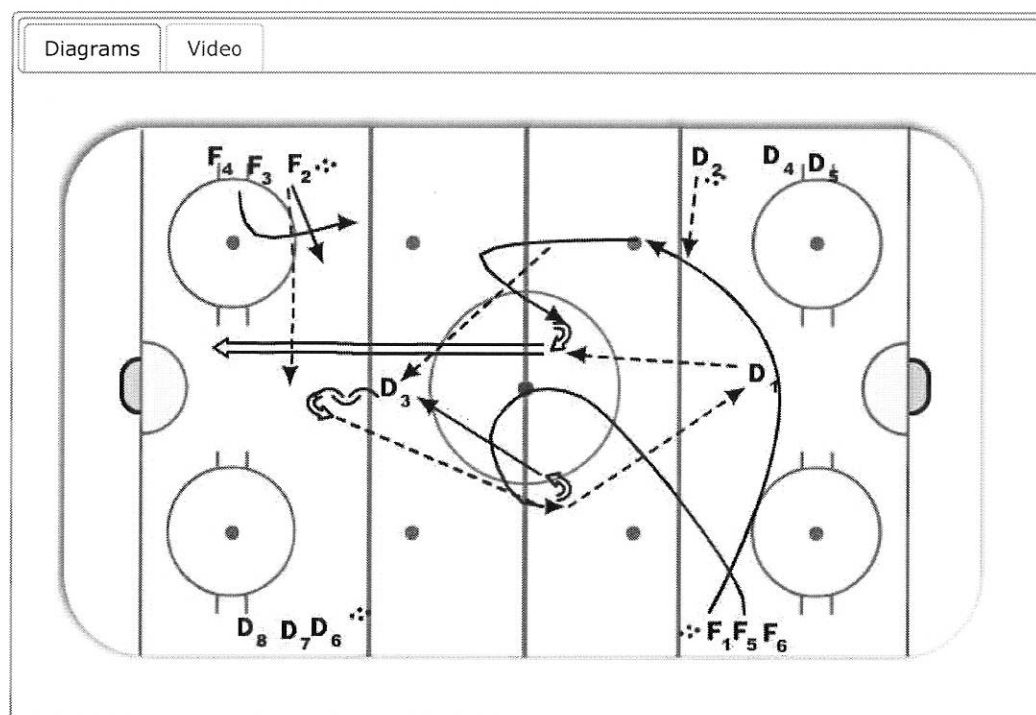
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Rocket Neutral Zone



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- Last Modified: 2014-10-02
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- Drill used in 7 practice plans

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Key Points / Tags

D Escapes, Neutral Zone Speed.

Description

2 Forwards take off and get a pass from the D in the line across the ice. Forwards pass it to D1 and regroup.

D2 Passes to either original forward. Forward receiving the pass goes down and shoots.

Forward not receiving the pass makes a tight turn and presses the D.

Right After D2 makes the pass 2 forward come out of the other line and give a pass to D2.

D2 passes to either forward that just came out while he is pressured by the original forward. D2 can utilize an escape move or quick up.

F1 is done after he presses.

Second set of forwards regroup with D3 and D 3 passes to either forward. Forward who gets the puck goes down and shoots. Other forward makes a tight turn and presses D3 when he receives the 2nd puck.

Drill Comments

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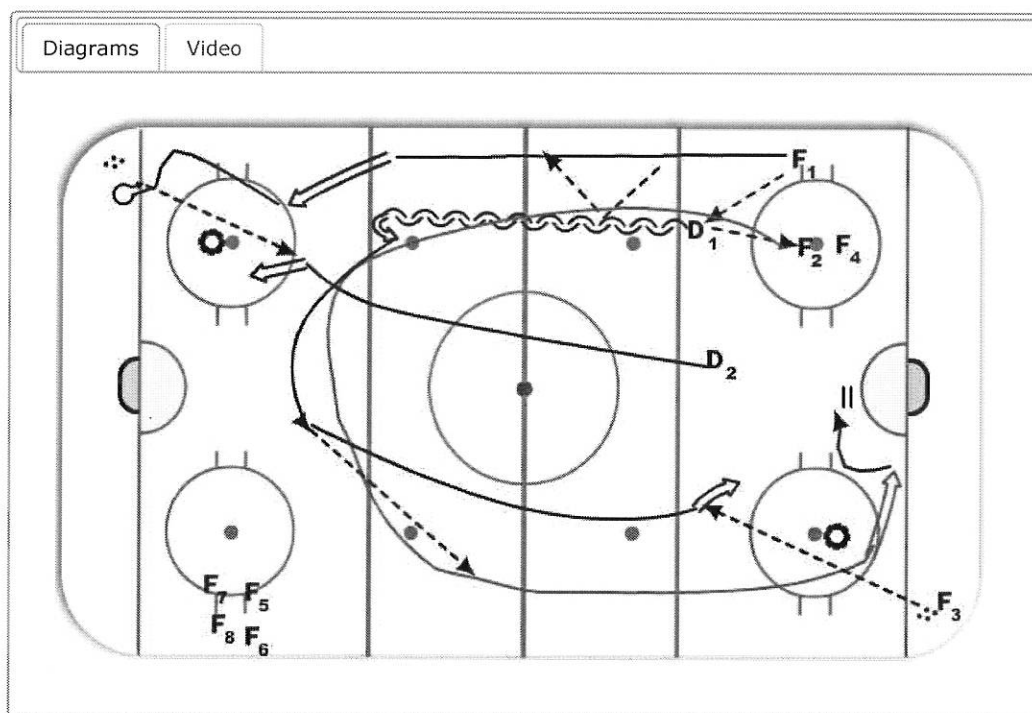
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Lowell 3 Shot



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Quick Hands and Feet Puck Movement,
Recovery and Protection

Description

F1 and F2 start off skating down the ice passing quickly between them and D1.

At the far blue, F1 (board side) goes in and shoots from the top of the circle and then picks up a recovery puck in the corner and protects the puck and buying time.

F2 Skates below the blue line and picks up speed, receives an outlet pass from D1.

F2 Drives hard around the dummy and makes a play to score. Stops in front.

D1 Follows the play up, calls for it, and receives a pass from F3 (started at the opposite end) D1 Shoots as F3 screens.

Notes: Starts at both ends at the same time.

Net front player only screens no tips.

Drill Comments

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