

1) Bennett - "Shaw" Tight Turn Escape



DRILL OBJECTIVE: Tight Turn Escape/Evasive

0 min.

KEY ELEMENTS:

ORGANIZATION: 1) Coach spots a puck away from net. D1 accelerates backward, pivots to retrieve puck, sells the "wheel", just before nearside post tight turns toward board while protecting the puck, good crossover strides out of tight turn and hit net front D (D2) with good pass; D2 takes 2-3 strides and hits D3 who represents the supporting forward

2) In order to incorporate an offensive shot to end the sequence, D3 accepts the pass, gets to boards/blue line, walks the blue line and shoots

3) Drill rotation - D1 takes D2 spot, D2 takes D3, and D3 goes to end of line.

VARIATION:
GOALIE:

Post-Practice Comments:
