

1) Bennett - "Shaw" NZ Sequence



DRILL OBJECTIVE: Execution of Footwork, Body

8 min.

KEY ELEMENTS:

- There should be a "hinge" on the D-to_D pass

ORGANIZATION: 1) Yellow D1 starts with puck on blue line. Quick sprint to middle of ice in shot lane and shoot. Immediately YD1 sprints forward to red line, transitions backwards, and receives a pass from Yellow D2. YD1 passes back to YD2, then receives a 2nd pass back from YD2. YD1 then opens up and makes a crisp pass across to Green D1, who is skating backwards to simulate a D partner. GD1 then sprints to blue line/boards, and starts the sequence again from the other side.

VARIATION:

GOALIE:

Post-Practice Comments:
