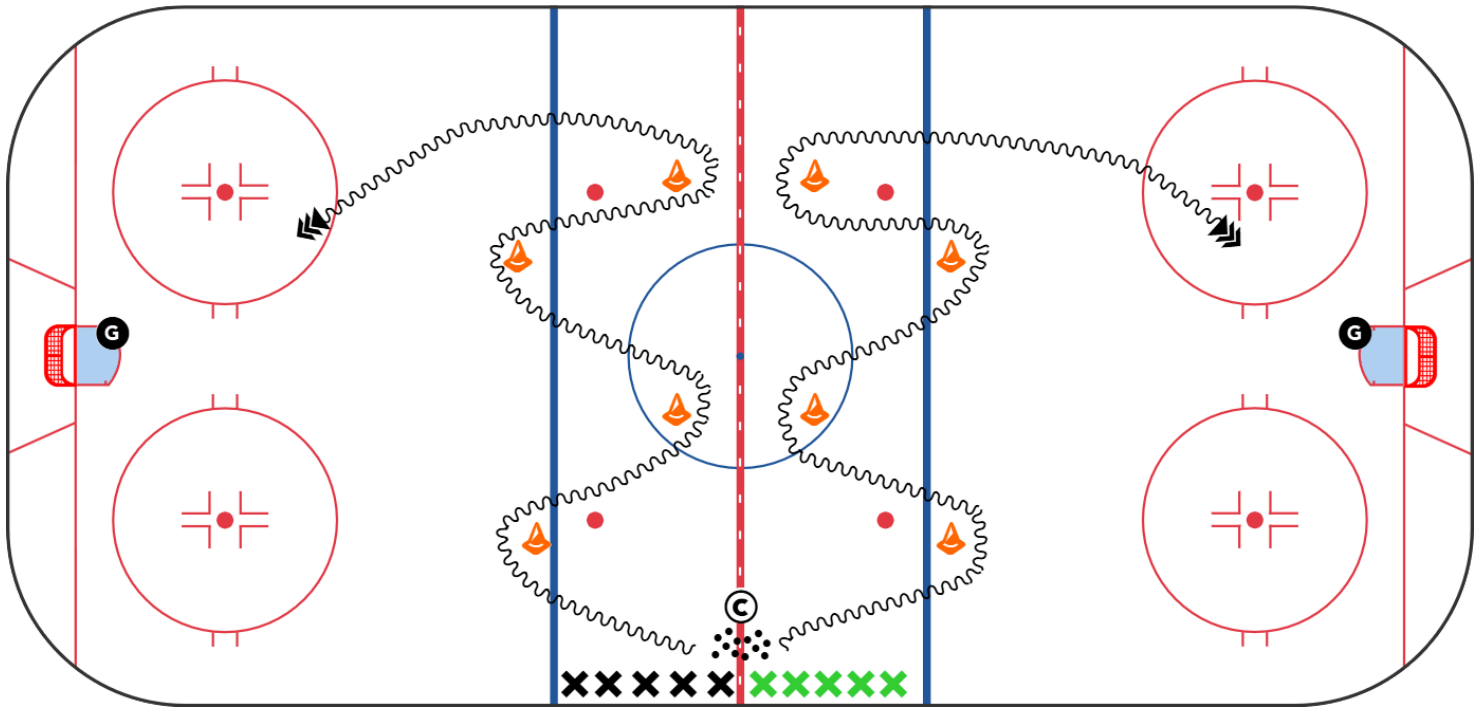




Weave Puck Control



Description

Drill 2: The Weave (Skating with Puck 10mins)

- Put the goalies back in the net)if you don't have goalies that's ok, players can shoot on an empty net
- Combine two groups to stand on the boards at each side of the red line
- Players weave through pylons using crossovers or edges
- Accelerate at the end of final turn and shoot
- Switch sides after five minutes

Key Points

What to Watch For

- Do the players maintain control of the puck on their stick?
- Does their upper body stay in control with two hands on the stick?
- Are they scanning the ice to see where the next pylon is?
- Straight-up speed - who's the fastest?