

Title : MEANS Shooting (Half Ice) Content elements: _____ Components : _____

Description

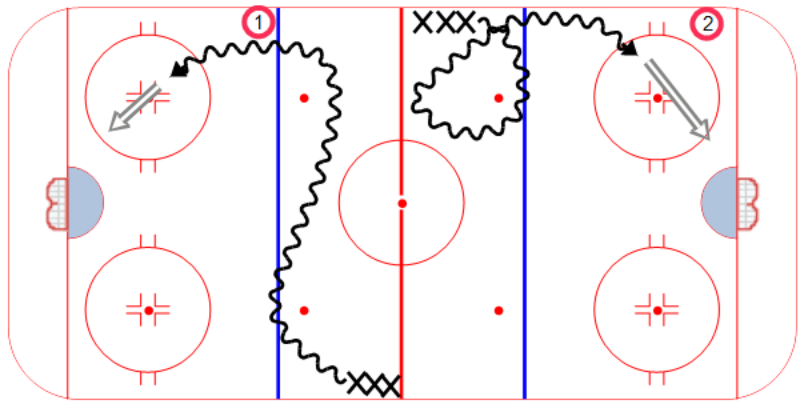
This is a six part drill designed to work on skating and shooting. I will put two parts on each panel, but this is designed as a half ice drill running each part after the other has completed.

Part I

Use dots as cones and shoot from the outside

Part II

Using the same side skate around dot and out to red line. Make sure players use crossover stride skating forward.



Key Points :

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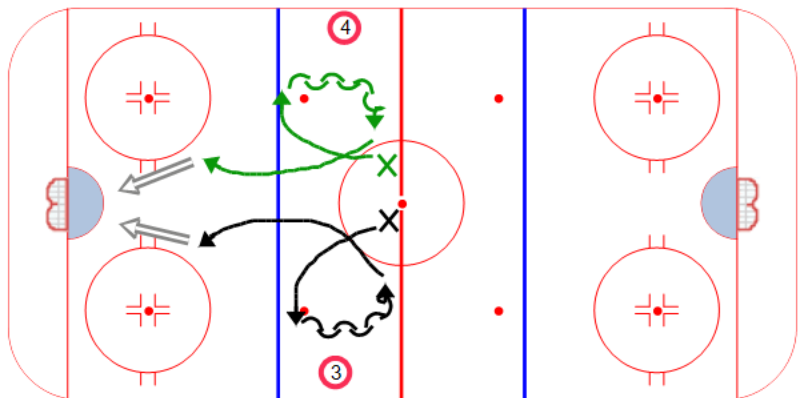
Part III

Start in the middle
Forward to blue - backward to red - forward for a shot from the inside as you go inside out.

Part IV

Forward to blue - backward to red - forward for shot from the inside as you go inside out.

Don't drive the slot for this shot, instead cut across the high slot and take the shot as you move inside out.



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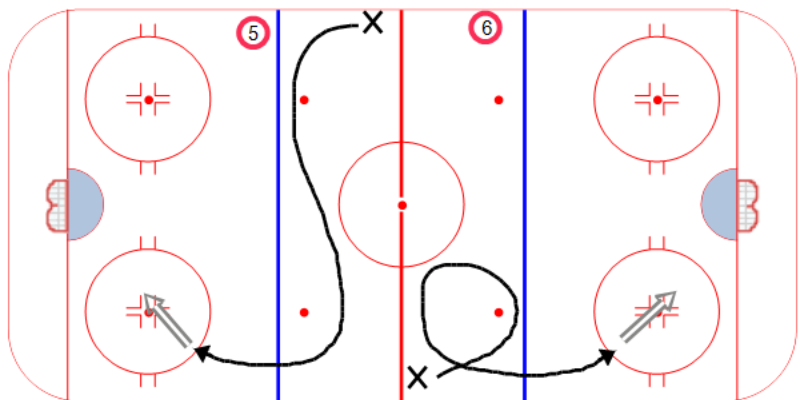
Description

Part V

Same as part I but from the opposite side

Part VI

Same as part II but from the other side.



Key Points :