

Title : D Shot and Hinge

Content elements: _____

Components : _____

Description

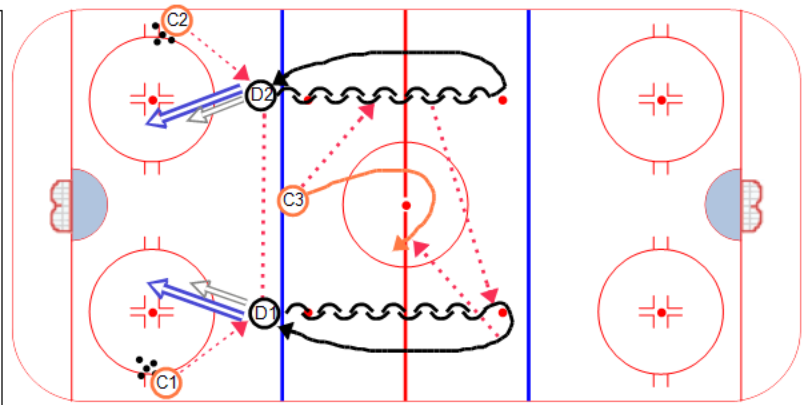
You can use 3 coaches or other players to work this drill.

C1 passes to D1 who goes D2D for shot
C2 passes to D2 who goes D2D for shot

Both D skate backward and C3 passes to D2.
D2 performs a partner pass and D1 who looks for C3 on an outlet pass up the middle.

D1 and D2 race back to the blue line to receive passes from the coaches for a shot on goal.

If D2 races to the blue line after his pass to D1 the timing will work for both to attempt a one-timer off the coaches pass inside the blue line.



Key Points :

Shooting

Hinge

Get up in Play

Support