

Title : 3 Shot Quick Up

Category #1 :

Coach Nielsen

Category #2 :

NZ Regroup

Description

This portion of the drill will work on having the forwards work on their positioning for the NZ regroup.

Run from both ends at the same time

D back skates and pivots to pick up a puck at the top of the circle.

F1 skates up the middle lane to play the part of the C coming low through the NZ

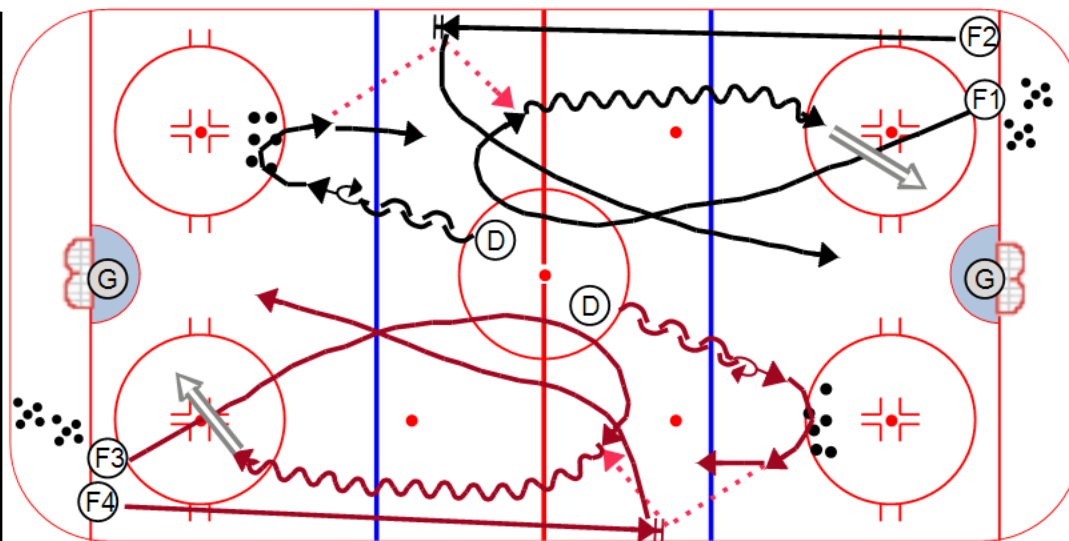
F2 straight down the wall

D passes to the wing on the wall (F2) who chips to F1

F1 skates in and shoots

F2 skates hard to be position for a rebound attempt

D follows the play to the blue line



Key points :

Title : 3 Shot Quick Up (seq 2)

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Coach Nielsen

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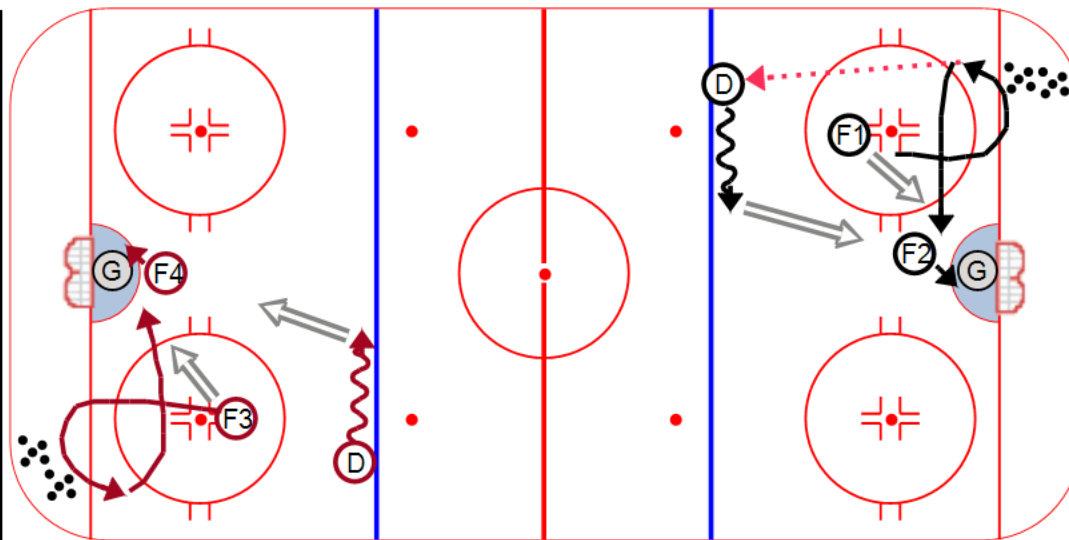
NZ Regroup

Description

After F1 shoots he goes to the corner and picks up a new puck.

F1 passes to the D at the blue line

F1 & F2 get to the front of the net to create a screen of the goaltender and D shoots the puck low for a deflection.



Key points :

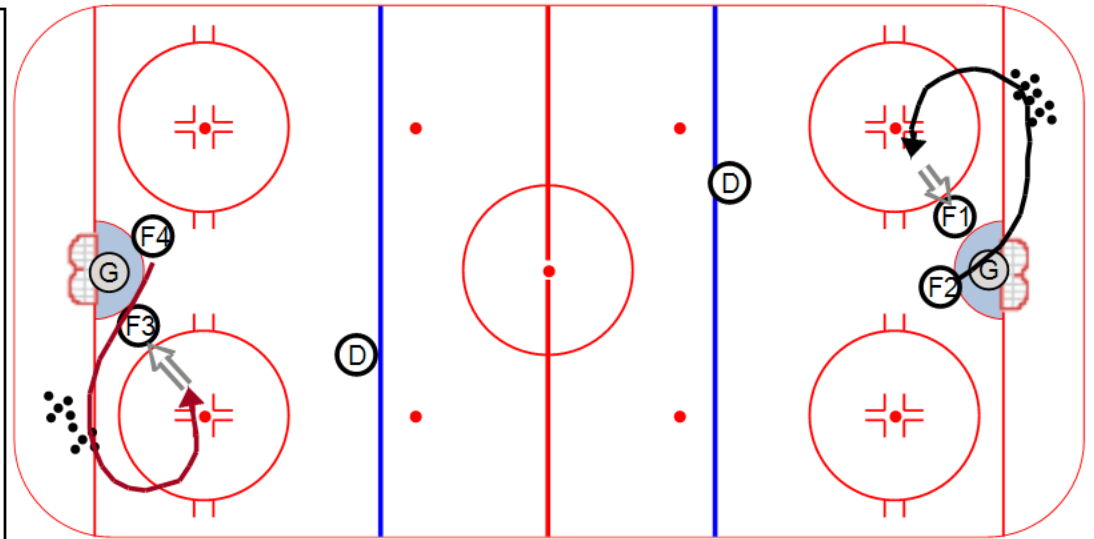
Description

After the D shoots F2 breaks to the corner to pick up a new puck.

F1 gets in position to screen the goaltender.

F2 comes out of the corner and shoots through the screen.

F1 can practice a moving screen where he stays just below the goalie and then skates in front of him as F2 is starting to shoot.



Key points :