

B6 - Defense Drag and Shoot Drills

Key Points:

Defense must skate quickly from the boards to between the dots when they get the puck. Forwards should bounce the puck off the boards when passing to the D in this drill. Alternate sides.

Forwards in the corners and defense on the point. You could have everyone practice all positions so that forwards can play the point on pplays and be comfortable while covering the point.

Description:

1. Pass from the corner to the point then screen for the shooter who skates to the inside and shoots. Low shots are easier to tip and produce more rebounds.
2. Low players rotate from being the screener to moving across to the wide dot for a shot pass and staying at that dot for a one timer when the puck goes to the original point. All 3 forwards collapse and look for a rebound after the shot.
3. Practice movement by dragging the puck each way around the ref circle in the neutral zone. (skating forward is quicker that backward with the puck.)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120430093036462>

B6 Drag and Shoot 3 - Pro W

<https://youtu.be/gAQyk201pik>

