

A300 Toe Drag and Finish with a Shot - College W

Key Points:

Keep your hands away from the body. Roll the wrists especially with the top hand and slide the bottom hand up the stick. Give a hard fake to the inside to lure the defender then pull the puck across while you slide away and around him.

My assistant coach at SAIT had really good hands and used to practice the toe drag around the dots. Instead of having pylons, use the ice markings and do all kinds of moves and skating exercises at each dot, i.e. Crosby's, or fake shot etc.

Description:

1. Pull the puck around the dots and then shoot. Slide backward as you pull the puck into your skates; then accelerate forward.
2. Shoot on the net with a toe drag and release.
3. Repeat but with a back toe drag.
4. Change directions.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722204541778>

https://youtu.be/BCAX_v3l13l

