

A300 Tight Turns-Three Hard Strides-Shot - U18 F

Key Points:

Tight turn towards the boards and take three hard strides. Shoot while skating.

Description:

1. All of the players have a puck and skate around the rink.
2. On the coaches whistle turn towards the boards and take three hard strides and then slow up.
3. Next whistle tight turn toward the boards and go the other direction.
4. Shoot at both ends.
5. Progress to blowing the whistle twice, so the players go both ways quickly to practice puck protection.

**Another option is 5 hard strides.*

- *Over the years I have found this simple drill to transfer to Game Play right away.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131124153747585>

<https://youtu.be/pamQ9ULvy2U>

