

AGILITY SKATING 1 X 0

PURPOSE: A good warm-up drill that provides shots on the goaltenders from the angles and works on the skaters' footwork. It can also be done in a 2 x 0 format.

SET-UP: Players begin in the neutral zone. F1 cuts around the cones, receives a pass from the coach and takes a shot on goal. Alternate sides (keep the flow going so that you control the time between shots on the goaltender). You may modify the drill by having the skaters pivoting around the cones, always facing the net, skating from forward-to-backward-to-forward. Make sure players switch lines when they return to line.

