

## T-PUSH MOVEMENT DRILL

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**PURPOSE:** To work on moving laterally across the ice as the puck is passed from one player to another.

**SET-UP:** Players form two lines at the top of the circles in line with the faceoff dots (younger players should move up to the faceoff dots). The puck is passed back and forth between two players at the start of the line while the goaltender moves with the puck, getting into position to make a save. A shot is taken after the puck has moved back and forth two or three times.

