

FLEET FOOT RAPID-FIRE

PURPOSE: Warm-up drill to develop foot quickness and puck control skills while accelerating out of a turn.

SET-UP: Players begin at the red line as shown and move as a group ending, with rapid-fire shooting on the goaltender. Players should work on quick foot movement to accelerate through the drill while controlling the puck on the inside of the turn. Be sure that players are handling the puck with their heads up and are shooting from the top of the circle, before moving out of the way of the next shooter. Can also be done with pivots from forward to backward to forward (always facing the net) to work on transitional skating.

