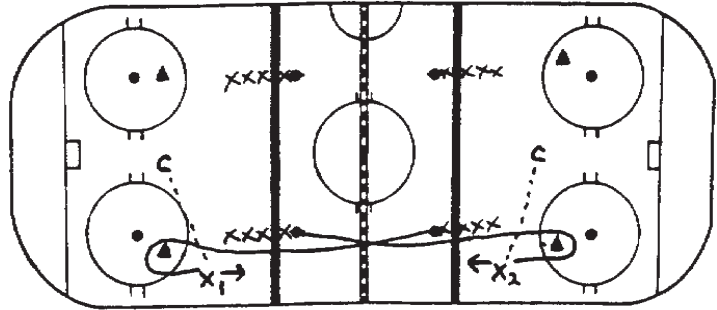


WINGER PIVOT DRILL

PURPOSE: To develop wingers' footwork.

SET-UP: Players form four equal lines starting on the neutral zone face off dots facing center ice. On the whistle, X1 and X2 start without a puck, cross the far blue line and round a cone pivoting from forward to backward to forward so that they are always in position to receive a pass and never turn their back on the puck.



They receive a pass from a coach, get their head up to stickhandle around the player approaching from the other end and proceed to take a shot on net. Alternate sides, starting on a whistle. Players should attempt to always keep their feet moving and their stick on the ice, prepared