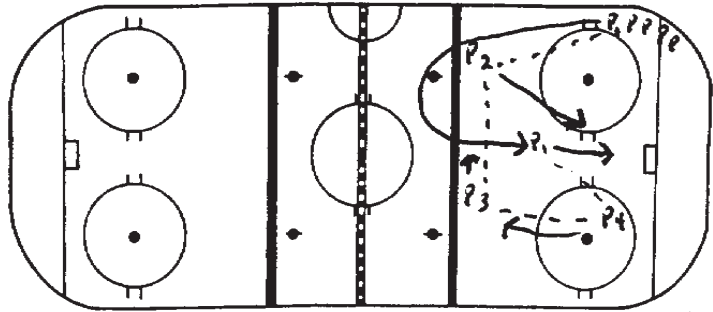


“L” DRILL

PURPOSE: To achieve quick puck movement – passing, one-time shooting and rebound skills.

SET-UP: Players line up in the corner with pucks while three players are positioned in the zone. P1 passes the puck to P2, who passes to P3, who quickly moves to P4. P1 has skated out past the blue line and enters the zone in the middle lane, receiving a pass from P4 for a one-



timer. P2 follows P1 to the net for the rebound and then goes to the end of the line in the corner. After P1 shoots, he moves to the spot of P4 while P4 moves to P3 and P3 to P2.