

## TIGHT TURN 1 ON 0

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**PURPOSE:** To work on cornering and sharp turning skills and shooting on the fly.

**SET-UP:** Divide players into two lines at center as shown. The first player in each line skates as fast as they can to the blue line and makes a sharp, tight turn toward the boards, back to the far blue with another sharp tight turn toward the boards. As he crosses center he receives

a pass from the next player in line then proceeds to the top of the circle and shoots on the fly. After shooting, he pivots facing the net and backward crossovers back out over the blue line to return to line. After the second player in line makes the pass, he begins the skating portion of the drill.

