

DIAGONAL-DOT STOPPING DRILL (WITH PUCKS)

PURPOSE: To work on stopping and starting in both directions while maintaining control of the puck.

SET-UP: All players start in one corner with pucks. On the whistle, the first two players in line skate to dot A and stop, then proceed to stop at all consecutive dots always facing end #1. It is very important that all players practice stopping both to their right and to their left so monitor drill closely.

Also, players should concentrate on cupping the blade of the stick over the puck while stopping to maintain control of the puck. If carrying the puck is too difficult for some players let them build up to it gradually.

