

BUTTERFLY ONE-TIMER

PURPOSE: To improve pivoting and footwork of offensive and defensive players and positioning and one-time shooting skills.

SET-UP: Divide players into four equal lines starting at the goal line in the corners. Pucks are scattered equally in the four corners. Play begins with X moving out around the top of the circle to shoot. He then continues into the corner and becomes a defensive player

as O moves out around the circle into a position to receive a pass from the next player in the X line. X must move with O and defend against the pass from the corner, being aware of where the puck is and where his man is. After O shoots or the play is broken up, O continues into the corner on the other side to defend against the next X player and the drill runs continuously.

