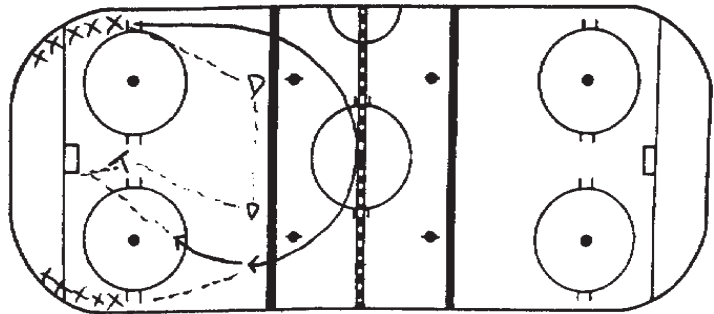


DEFLECTION/REBOUND DRILL

PURPOSE: To work on screening, deflections and rebounding scoring skills.

SET-UP: This is a half-ice drill that can be done at both ends simultaneously. Divide players evenly in the corners of the rink with pucks. Place two players at the blue line (it's best to use defensemen) and one forward starts in front of the net as the tipper. The player in the corner



starts the drill by passing the puck to the defenseman on his side of the ice, who passes it across the ice to his partner, who in turn takes a shot at the net to be deflected by the tipper/screener in front. Meanwhile, the player skates out through the neutral zone and receives a pass from the first player in line in the other corner as he crosses the blue line. He shoots on net, while the tipper/screener now becomes the rebounder. The player initially stationed in front of the net is replaced by the shooter. The play then starts again from the opposite corner. Timing is very important. The deflected shot must be complete before the player from the neutral zone crosses the blue line.