

SWEDISH SHOOTING DRILL

PURPOSE: Warm-up drill to develop skating, puckhandling, passing and shooting skills.

SET-UP: Divide players into four lines in the center ice face-off circle. X1 skates a large circle between the blue line and red line crossing over with quick feet and receives a pass from the next player in line for a shot. X2 skates an "S" route between the blue line and red lines utilizing tight turns and receives a pass from the next player in line for a shot. X3 skates an "S" route doing forward/backward skating (always facing the net) and receives a pass from the next player in line for a shot. X4 skates a "C" route utilizing "quick feet crossovers" and receives a pass for the shot. All shots should come from the wing, with the players returning up the center of the ice to rotate from line to line. Diagonal lines (ie. 1 and 3, 2 and 4) will go on the same whistle.

