

QUICK FEET 1 X 1

PURPOSE: To improve foot speed and agility.

SET-UP: Players start on the red line. On the whistle, they accelerate to the blue line, back to the red line and attack the net. When turning on the lines, players must accelerate with crossovers – DO NOT GLIDE! Players then receive a pass from a coach. The drill can also be done with players carrying the puck the entire time.

