

CRUSHER DRILL

PURPOSE: To improve shooting and scoring skills while under physical pressure and to work on body checking technique.

SET-UP: Position one player, O, offensively in front of the net amid a large number of pucks scattered on the ice. Two or three players (X's) will defend without sticks. On the whistle, O tries to shoot and score with as many of the pucks as possible. Meanwhile, the X players try to bodycheck him and not allow him to shoot the puck. Be sure to carefully monitor the drill for proper technique by the checkers who must keep their arms and elbows down and attempt to use their shoulders. The drill should run for a 30-second duration.

