

## DEFLECTION DRILL

---

**PURPOSE:** To work on shot selection and placement by defensemen and timing and deflection skills of forwards while moving to the net.

**SET-UP:** Position two defensemen inside the blue line and split the forwards, half in each corner with pucks. The forward makes a pass to the defenseman on his side of the ice, who in turn passes it to his partner. The forward skates around the top of the circle and drives to the net, timing his movement to arrive between the hash marks to tip the shot from the defenseman. The forward then joins the line in the opposite corner, and the next forward starts out of that line.

