

## CHASE DRILL

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**PURPOSE:** To teach goaltenders how to make better decisions and give them experience with breakaways. For forwards and defensemen, the drill helps to improve speed, scoring ability, competitiveness and work habits.

**SET-UP:** X begins at the top of the circle, with Y at the hash mark on the board. On the whistle, X carries the puck on the breakaway, while Y backchecks.

After a shot on net or the offensive player is checked, both players loop to the corner where the chaser receives a pass from the coach to become the shooter at the other end.

