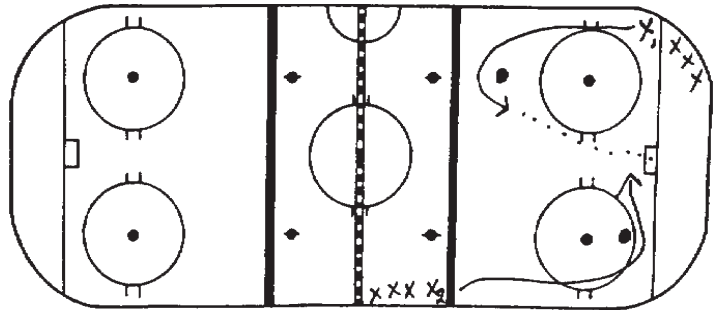


HIGH SLOT – LOW SLOT

PURPOSE: Crease movement and poke checking.

SET-UP: X1 carries the puck around a cone placed at the top of the circle. He shoots on the fly as he rounds the cone. After the shot, X2 carries a puck deep around a cone near the bottom of the circle driving to the net for a shot. After the players shoot, they change lines. The goalie must challenge the shot from the top of the circles and then quickly move across the crease to poke check or face the puck carrier driving to the net.

Option B: Same movement but add passes to the drill – either from coaches or from the players themselves.



goalies/#2 hiloslot