

WEIDENBACH DRILL

PURPOSE: To work on timing and change of pace.

SET-UP: The drill can be done out of both ends simultaneously (only diagrammed from one end for simplicity). X1 passes to O1, who gives him a return pass. X1 proceeds to carry the puck into the far zone and gets ready to pass on the fly to O1, who loops around center ice and times his move towards the puck. Once O1 receives a pass, he shoots. X1 continues to the net and gets a pass from a coach in the corner for a second shot.

