

2-STOP RACE DRILL

PURPOSE: To encourage quick stops and starts, and to work on winning one-on-one races/battles to the puck.

SET-UP: Players form two lines behind neutral zone face-off dots. Coach is between the two lines with pucks. On the whistle, the first player in each line races to the far cone and stops (facing the middle of the rink), then back to the near cone and stops (facing the middle of the rink), then down the middle for the puck that the coach has slid out there. The player that reaches the puck first becomes the offensive player and is trying to score, while the trailing player becomes the defensive player and is trying to prevent a goal. Players should focus on stopping both directions and starting again as quickly as possible with a good crossover start. Players should alternate lines each time.

