

## HIGH SLOT – LOW SLOT

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**PURPOSE:** Shooting and goalie movement.

**SET-UP:** Establish two lines of players, with one line at the blue line (X) and one line at the goal line (O). Start the drill by making a pass to X, who is breaking to the net. X will then proceed to the net and attempt to deke the goalie. After X takes his shot, he will continue into the corner, pick up a puck and make a pass to O, who has timed his move (in relationship to X) and cuts around a cone in the high slot. O attempts to shoot as quickly as possible from the high slot. After O shoots, he continues into the corner, retrieves a puck and makes a pass to the next player cutting to the net from the X line. The drill should continue to flow by itself without any additional passes from a coach (like the one to initiate the drill).

