

CRANE DRILL

PURPOSE: To warm-up and practice supporting the puck.

SET-UP: Set up two lines, one on each side of the ice, beginning on the red line and facing the opposite end zones. On the whistle, the first two players in each line take off. The first players carry a puck and take a shot in the high slot. They then proceed to the corner to retrieve a second puck to make a breakout pass to the second player in line, who rounds the cone and breaks toward the puck (supports the puck) to receive the pass. They then proceed to shoot at the other end of the rink. (For advanced players, feel free to add a drop pass prior to the first shot, and/or require the first player to follow up the play at the opposite end to receive a pass for a second shot.)

