

STOP, START AND SCORE

PURPOSE: Competitive, fun drill to work on quickness in stopping and starting, puckhandling under pressure and scoring.

SET-UP: Divide players into two lines as shown with coaches positioned at center and inside the blue lines. On the whistle, X and O skate to the cones at the blue line, stop and return to the posts and then race to the red line to pick up a puck. The first player to center picks up the puck and carries it in for a shot on net, while his partner makes him work to protect the puck. After the shot, both players swing to a corner to pick up a puck and exchange a pass with the coach on their side as they return to the end of their line.

