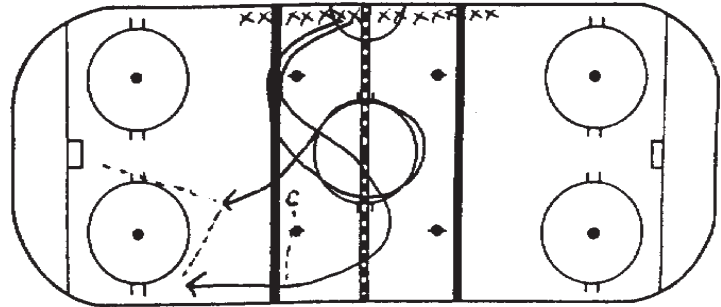


## FOOT QUICKNESS 2-ON-0

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**PURPOSE:** Improvement of foot quickness and crossover acceleration, offensive zone timing and one-time shooting.

**SET-UP:** Divide players into two lines along the boards with the start of the lines at the red line. On the whistle, the first player in line skates down past the blue line, back up past the red line and receives a pass as he enters the zone.



Meanwhile, his partner will have followed him down to the blue line and skated one complete time around the center ice faceoff circle before entering the zone in the middle lane of the ice. Players are to keep their feet moving (no coasting) and make a quick play for a shot at the net. The second player has the option of driving hard to the net for a tip or supporting the puck high for a pass as he enters the zone. The drill is to be done using both ends, one at a time.