

TIP/REBOUND DRILL

PURPOSE: Practicing deflections and rebound positioning.

SET-UP: Form two lines, one in each corner. Position two players (P1 and P2, usually defensemen) just inside the blue line and start with one player (R) as the deflector/rebounder in front of the net. X makes a pass to P1 who passes to P2 who shoots for the tip in front.

X times his movement and loops out into the neutral zone, receives a pass from the line in the opposite corner and shoots from the top of the circle. R turns and plays the rebound if there is one, then joins the line in the corner. X now becomes the deflector/rebounder for the next shot.

