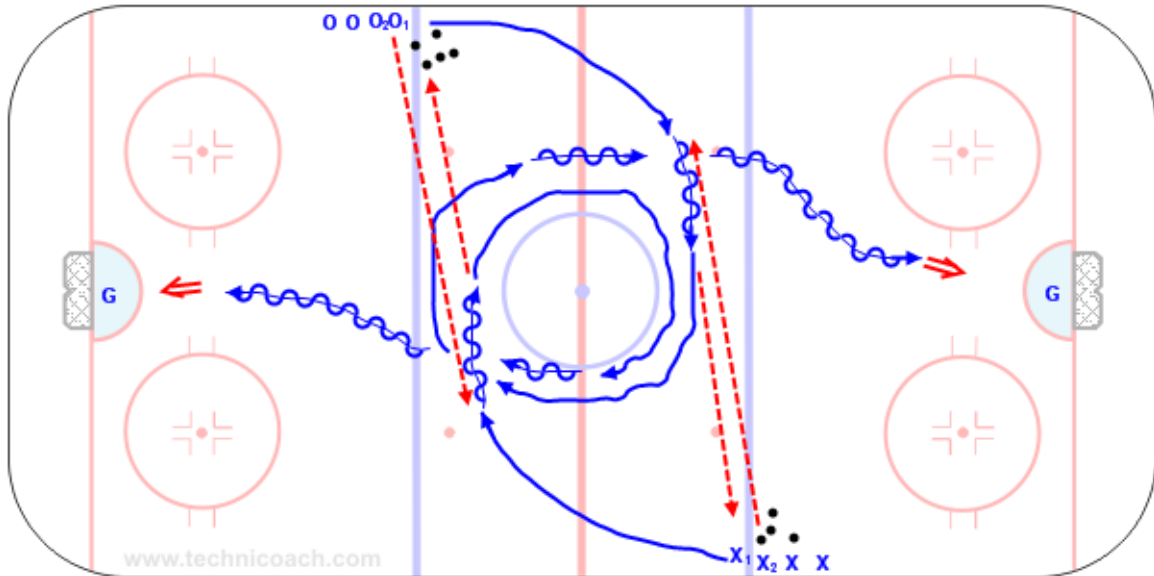


## ACE Drill of the Week

8/21/2008



Full ice and half-ice versions of Quick Hands Quick Feet



### Description:

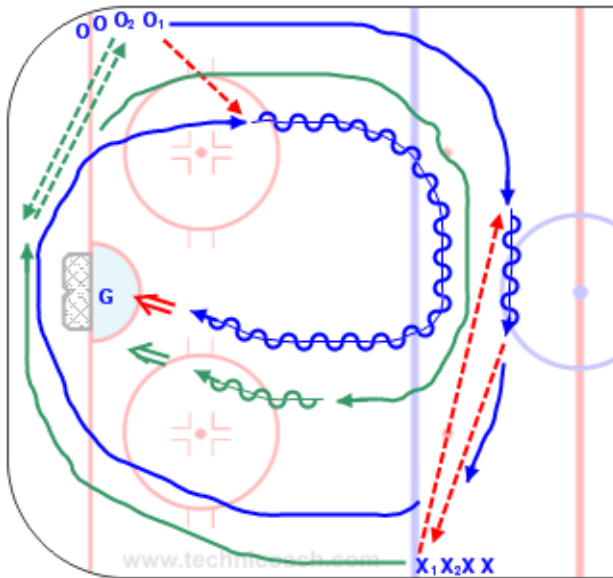
Two lines at diagonal bluelines. X1 and O1 start without a puck and skate around circle towards opposite line. O2 passes to X1 and X2 passes to O1. These players one-touch the puck back to O2 and X2. X1 and O1 continue around circle to receive lead pass from their own starting lines and move up ice to shoot on goal. Next two players start at same time on whistle, or the drill can be run without whistles with the players coordinating the drill themselves.

### KeyPoints:

*Soft hands with feet moving all the time. No coasting. Communicate and call for the puck. Players from two lines must start at the same time.*

## ACE Drill of the Week (Cont'd)

8/21/2008



### Description:

Lines in corner and opposite blueline. X1 and O1 start without a puck and skate as shown towards opposite line. O2 passes to X1 and X2 passes to O1. These players one-touch the puck back to O2 and X2. X1 and O1 continue around to receive lead pass from their own starting lines. X1 shoots on goal, O1 skates outside blueline and turns in to shoot on net. Next two players start at same time on whistle, or the drill can be run without whistles with the players coordinating the drill themselves.

### KeyPoints:

*Soft hands with feet moving all the time. No coasting. Communicate and call for the puck. Players from two lines must start at the same time.*