14 DOUBLE WING

PURPOSE

- To reinforce puck-control skills and shooting accuracy from different angles

EQUIPMENT None

TIME 3-4 minutes

PROCEDURE — Half-Ice Drill

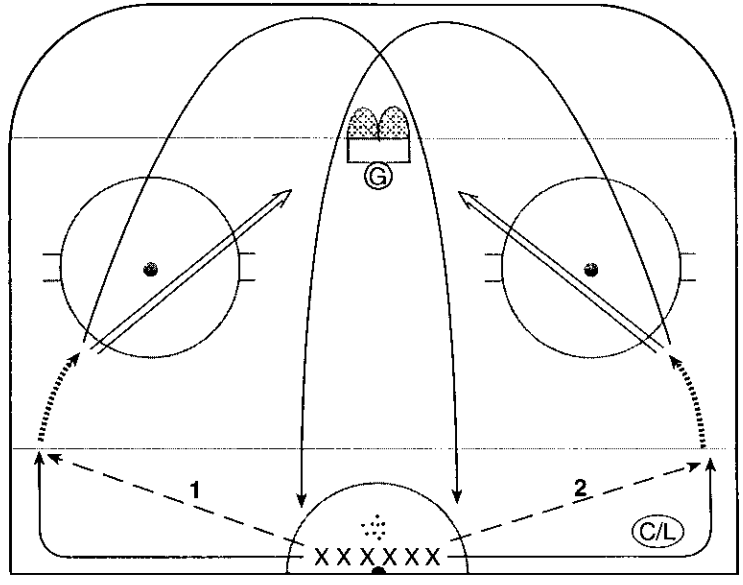
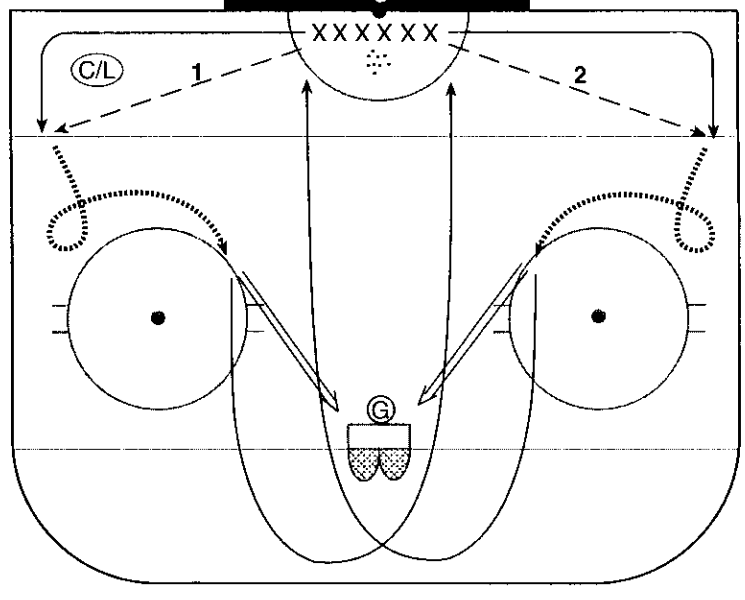
1. Players begin in a line along the red line in the center face-off circle with pucks.
2. First player skates along the center line to the far boards, then quickly turns up ice and receives a pass from the next player in line.
3. Attacking player then attempts to shoot as quickly as possible, follows shot to the net for a possible rebound, and returns to center by skating up the middle of the ice.
4. Player who passed the puck then skates across the center line in the opposite direction and drill continues with a pass from the next player in line.

KEY POINTS

- Players must turn to both their strong and weak sides in this drill.
- Focus is on quick feet and hands, with minimal backswing before shooting.
- Shooters should move quickly to the net for second-shot opportunities, then clear the zone as fast as possible.

DRILL PROGRESSIONS

- Shooter may begin by skating backward to the boards, then pivoting to forward skating while receiving a pass.
- Allow shooter to use escape move (a tight turn toward the boards) upon entering the zone, followed by a quick shot (see diagram).
- Use the passer as a late-arriving teammate who receives return pass before shooting.



Drill Progression