

31 ROBERTSON'S ROAST

PURPOSE

- To introduce basic shooting activities in which pressure is included

EQUIPMENT None

TIME 2-3 minutes

PROCEDURE — Half-Ice Drill

1. Players begin in pairs, with one player at the top of the face-off circle and the other on the goal line.
2. The player on the goal line passes a puck to his partner, who cannot move until the pass is received. The passer then moves up and stops at the face-off dot.
3. After receiving the pass, the player with the puck must skate from the goal line toward the partner and cannot release a shot on goal until within a stick length of the partner, whose job is to make contact with the shooter.
4. Both players go to the net for any rebounds and battle for puck possession. The players then switch roles for the next turn.

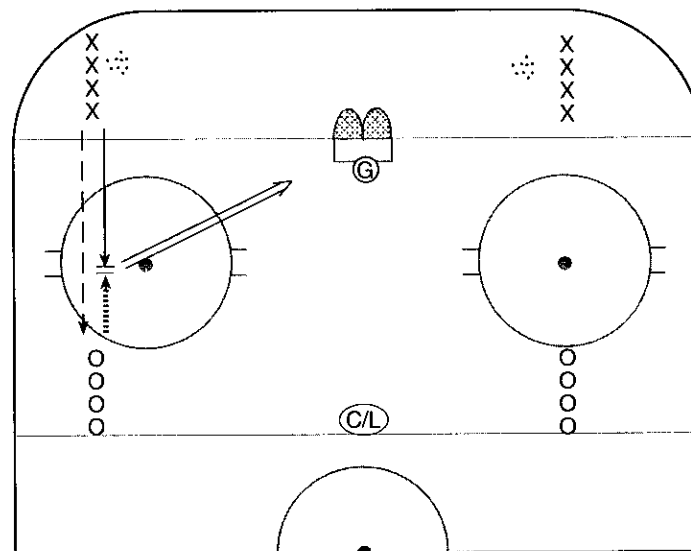
KEY POINTS

- The player about to be hit cannot shoot from long range but must carry the puck into "traffic" and find a space to shoot through.
- Defending players should not reach for the puck with their stick but make contact to simulate a game situation in close to the goalie.

DRILL PROGRESSIONS

- Have a second puck behind the net that both players attempt to control after the first shot (see diagram).
- Start the drill with players on their knees or lying on their stomach to encourage quickness.

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Drill Progression

