

41 FLYER PEPPER

PURPOSE

- To practice quick release of shots in goal-scoring situations

EQUIPMENT None

TIME 2-3 minutes

PROCEDURE — Half-Ice Drill

1. Players are evenly distributed at the hash marks in the end face-off circles and are facing the goal line. Two players are designated as passers and are halfway between the net and the boards along the goal line.
2. A player from one of the lines passes to the closest designated passer, skates toward the net, receives a return pass from the passer, and takes a one-time shot on the net. Once the shot is completed, the shooter skates to the back of the opposite line.
3. As the shot is finished, a player from the opposite line begins in the same fashion, and the drill continues alternating sides in this fashion.

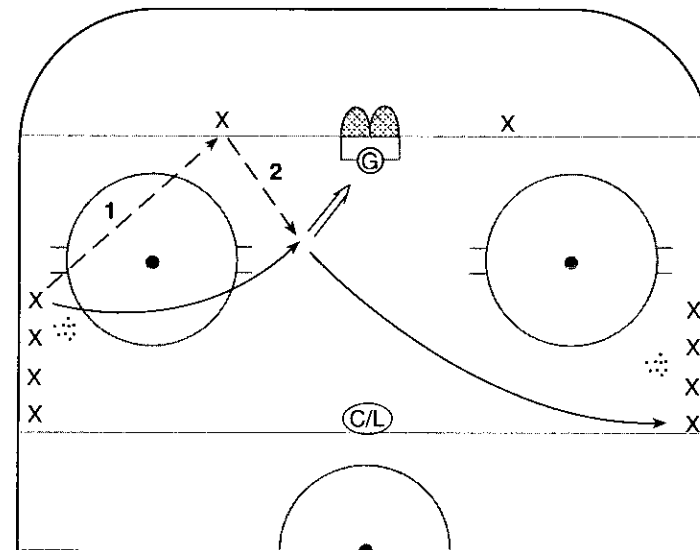
KEY POINTS

- Shooters should concentrate on making a good first pass before proceeding to the net.
- Passers should make the return pass one that the shooter can release immediately, meaning that the pass should be accurate, not too fast, and located right at the stick blade.

DRILL PROGRESSIONS

- Have shooters pass and skate around the top of the circle instead of cutting straight across to the net (see diagram).
- Include the opposite line as a rebound line so that two players head for the net at the same time (see diagram).
- Give passer pucks and have a second-shot option for the shooters.

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Drill Progression

