34 GRUNT DRILL

PURPOSE

- To practice shooting off the wing while under pressure
- To condition the athletes

EQUIPMENT None

TIME 5-7 minutes

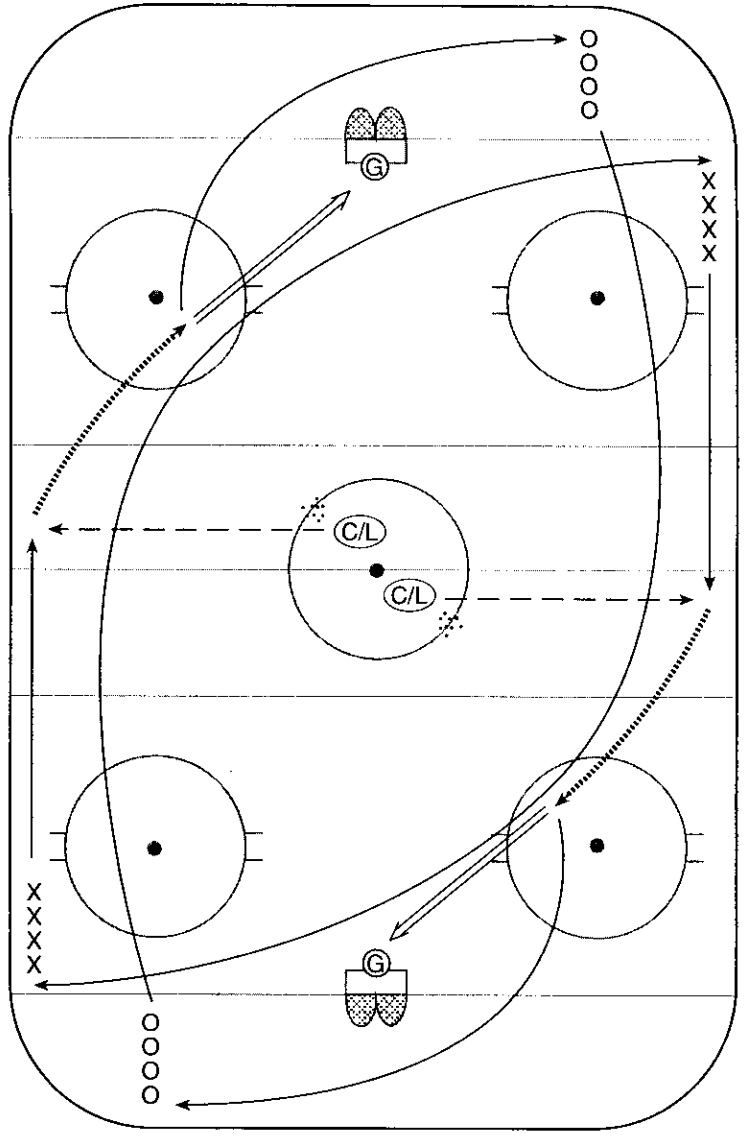
PROCEDURE — Full-Ice Drill

1. A player from the designated shooting line at either end of the rink is positioned at the hash marks while a player from the defending line is positioned at the bottom of the face-off circle.
2. On the whistle, the shooter sprints forward and receives a pass from the coach in the center ice area. The defender also leaves on the whistle in pursuit of the shooter.
3. The defender chases the shooter the length of the ice and attempts to prevent a shot on goal.
4. Players go to the back of the lines in the end where the shot is taken and switch roles.

KEY POINTS

- Player with puck maintains control, with second effort a key to success, especially after the shot when looking for rebounds.
- The defending player tries to stop any shot from occurring. If the first shot is taken, defender works to restrict any second-shot opportunities.

DRILL PROGRESSIONS

- Add a second defender positioned at the far blue line to assist the first defender as the play heads to the net.
- Force the attacker to stay wide by putting pylons deep into the corner, which will allow the defender additional time to cut off the attack.

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