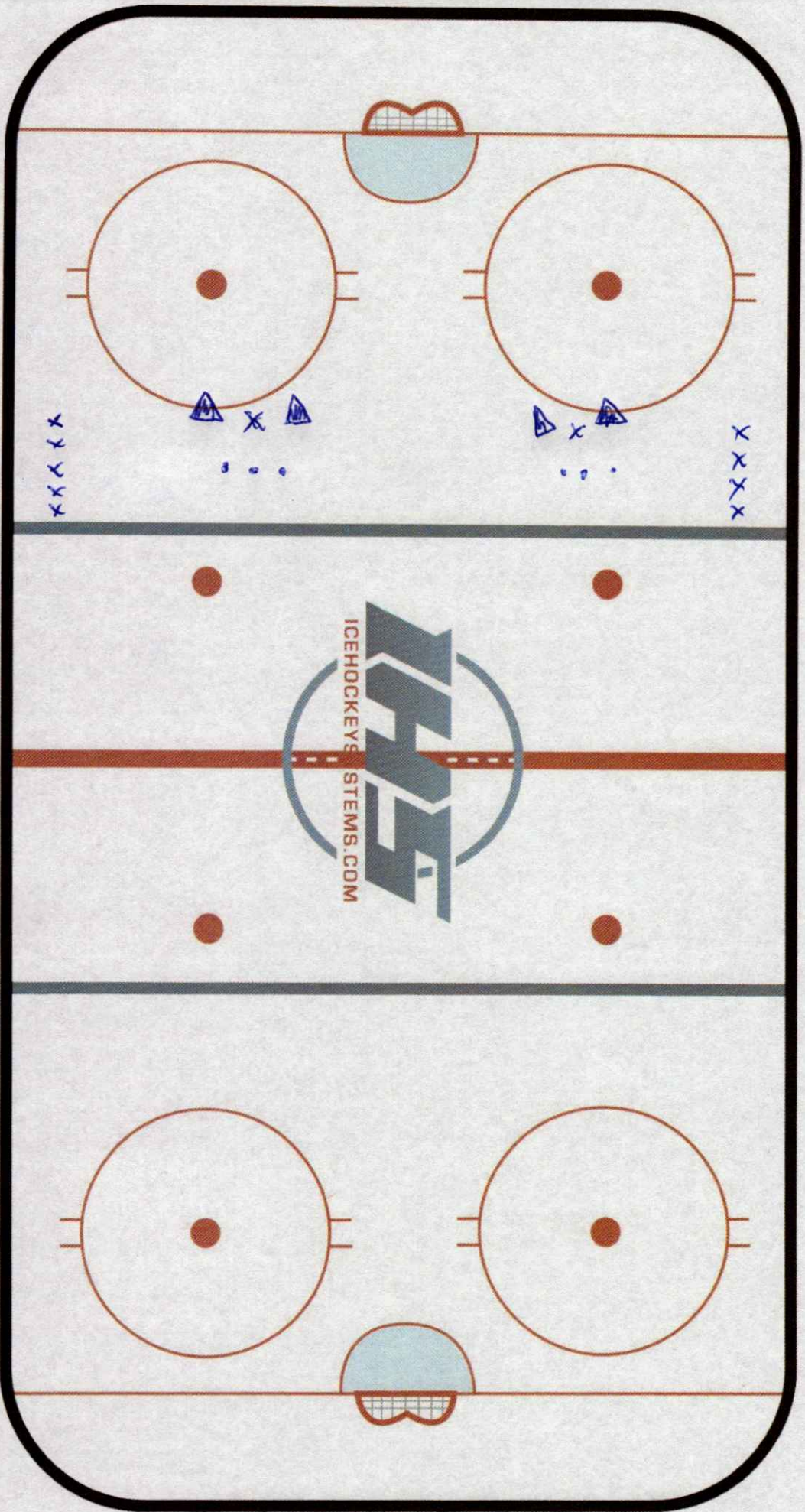


Drill:

Date:



Notes:

Drill #3

3 puck shooting

RAHA Bantam/Peewee/12U

Tryout Drill #3 3 Puck Shooting

Main emphasis of this drill is shooting.

- This is a full speed drill.
- First skater will start between the shooting cones.
- On the whistle, they will skate forward towards the pucks and retrieve a puck.
- After retrieving the puck, they will skate with the puck towards the shooting cones and shoot at or before they get to the cones.
- After releasing the shot, the skater will turn and retrieve the next puck.
- This will repeat until all 3 are released (the order of the pucks doesn't matter).
- Type of shot is up to the skater – wrist, snap or slap shot. They can take a variety as long as it's done at full speed.
- The skaters will always be skating forward. It doesn't matter if they stop or power turn. The main point of this drill is to allow the evaluators to see each player take 3 shots while moving.
- After a skater's shots are complete, skate to the end of the other line.

On-ice coach notes:

- Skater starts on your whistle.
- Each skater will take 2 rounds of 3 shots – 1 round from each side.
- The drill alternates from one side to the other.
- While one skater is shooting, the coach and skaters on the other side should be setting up the 3 pucks. The skater should be set in between the cones so as soon as the goalie is set, the next shooter can start.
- There should be only a couple seconds between a skater's last shot and when the shooter on the other side starts. It's important that we go quickly from one shooter to the next, so this drill doesn't take too long.
- Make sure jersey numbers are visible to the evaluators and not tucked in.
- The 2 cones that signify where the shot is taken should be a stick length apart. One cone at the top of the circle, the other a stick length towards the middle.
- The 3 pucks should be setup 2 stick lengths behind the shooting cones, a couple feet in between each puck.
- Goalies should rotate quickly every 2 shooters.