Drill Details

Title

5 Tire Fire Drill

Created By

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Description

1. P1 receives pass from coach and skates to top right tire.
2. Quick pass to coach and transition to backward skating to receive pass back
3. Backward skate to center tire, transition to forward around tire and skate to bottom left tire
4. Continue to transition forward, backward, forward around each tire finishing with the top left tire.
5. Then skate up the zone between coach and boards, leave puck for coach and receive a pass back as P1 enters the zone and finishes with a shot on net

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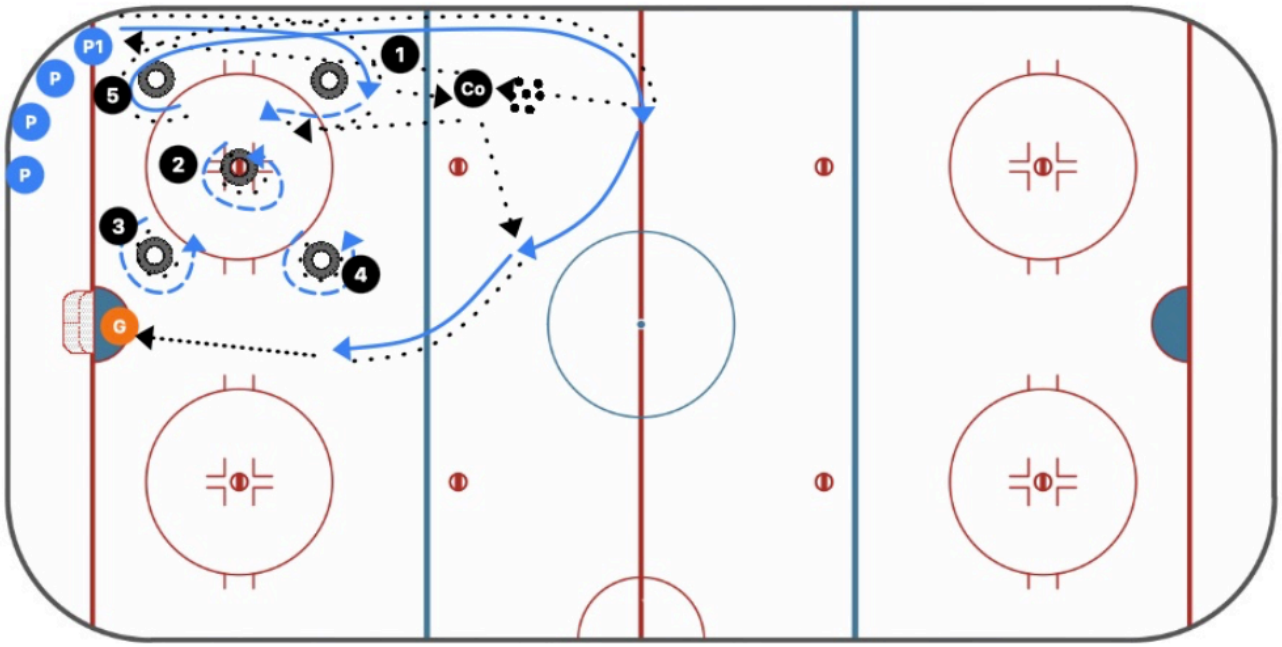
Tags

edge work | transition skating | heads-up | shooting | passing

Drill Diagram