

Title

Eagles 3 Puck

Created By



Jared Balint

Description

- Players start in the corner with pucks.
- first 3 players skate out at different levels and shoot on the goalie.
- After player shoots, he/she goes to the net to set screen
- Coach passes to the D at the top of the zone for D2D pass and low shot through screen (Coach passes to each D so each can shoot)
- Then players at the net break out and receive pass from coach to attack 3 v 2 against the D in the opposite zone.
- Once everyone is on the other side of the ice, restart drill

Added Bonus: Run both side simultaneously

