

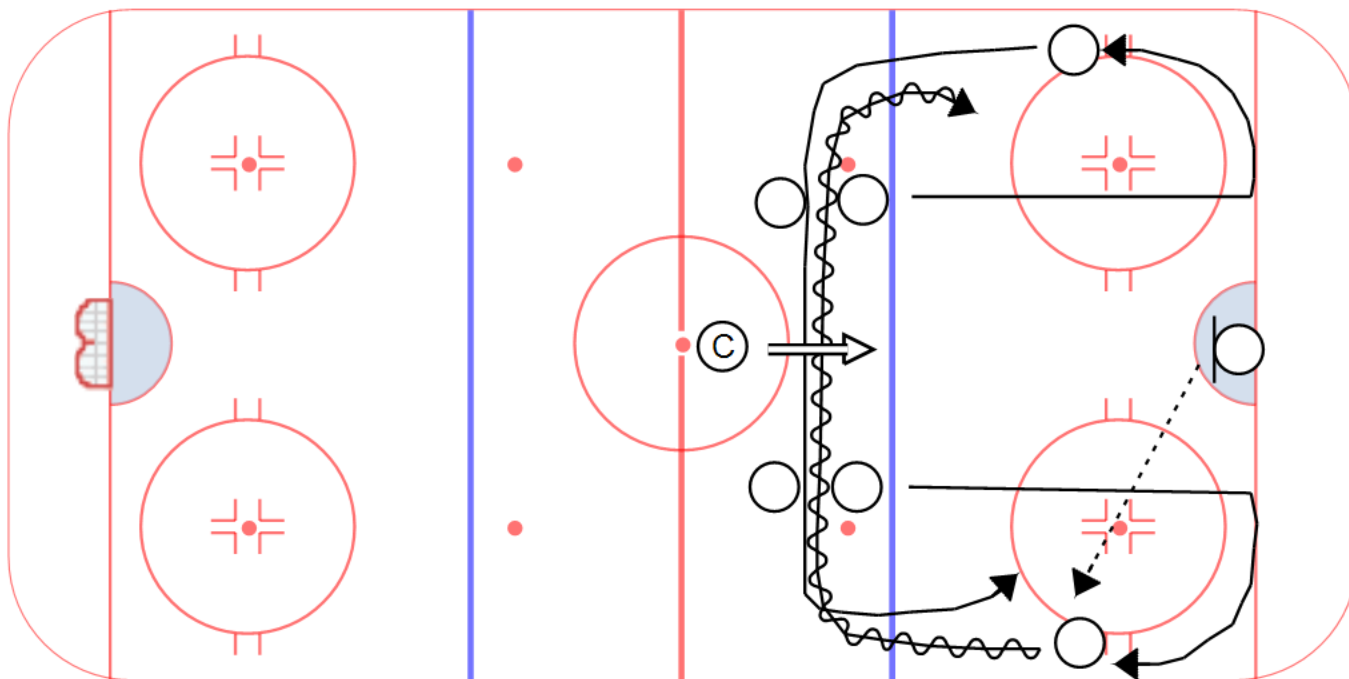
Category #1 :

Category #2 :

Title : Goalie involvment Drill 3

Content elements : Control dump + regroup + 2 vs 0

Components: \_\_\_\_\_



Key points :

Description

The coach will dump a puck on net. The goalie will have to play the puck to either side. The two forwards will come down to the hash marks and receive a puck from the goaltender. Doesn't matter who receives the puck, they players will regroup at the blue line, and go in on the goalie 2 vs 0.

10 to 15 min.