

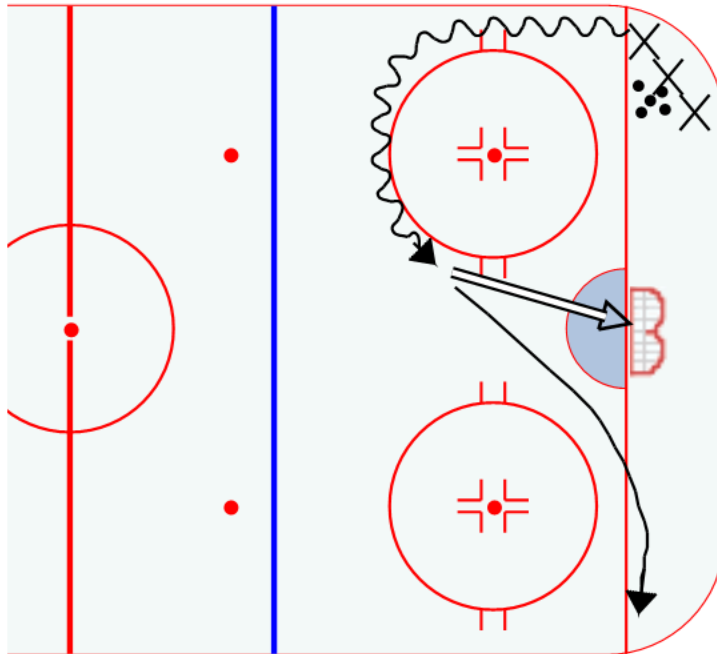
Title : Snake Drill

Category #1 : Shooting

Category #2 : Skating

Content elements:

Components :



Key Points :

Attack Seam

Shoot in Stride

Mohawk on Backhand

Description

1. Players start in corner with pucks
2. On whistle, player skates around the top of the circle with speed, and shoots with feet moving
3. Shoot in stride on forehand, use the Inside Mohawk on backhand

More Drills and Skills at www.WeissTechHockey.com