

Categories

Scoring

Competitive Games

Drill Title : 5 Puck Full Ice Race

Components : _____

Content elements : _____

Description

- 5 Puck Full Ice Race:
- Players take push-up position facing red line.
 - Coach puts 5 pucks across red line
 - On whistle teams race to score goals at opposite end
 - First team to 3 wins
 - Players can defend own net too
 - Only one shot at a time on goalie

Key Points

- Goalie Must be Ready!**
- _____
 - _____
 - _____

