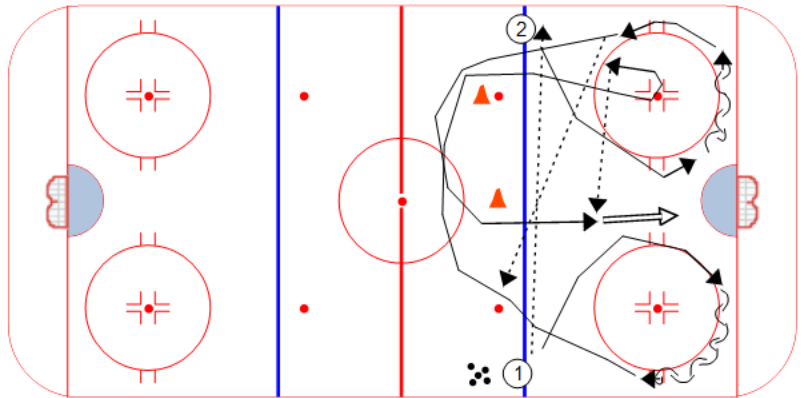


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Zone Entry Drill Content elements: _____ Components : _____

Description

1 passes to 2. 1 and 2 both go to the inside of the rink and pivot facing down ice. 2 passes to 1. 1 drives around the far cone and drives down the wall. 2 drives in the NZ around the middle cone. 1 performs an escape turn and passes to 2 as 2 enters the high slot.



Key Points :

Zone Entry

Escape Turns

Agility

Quick Puck Movemen