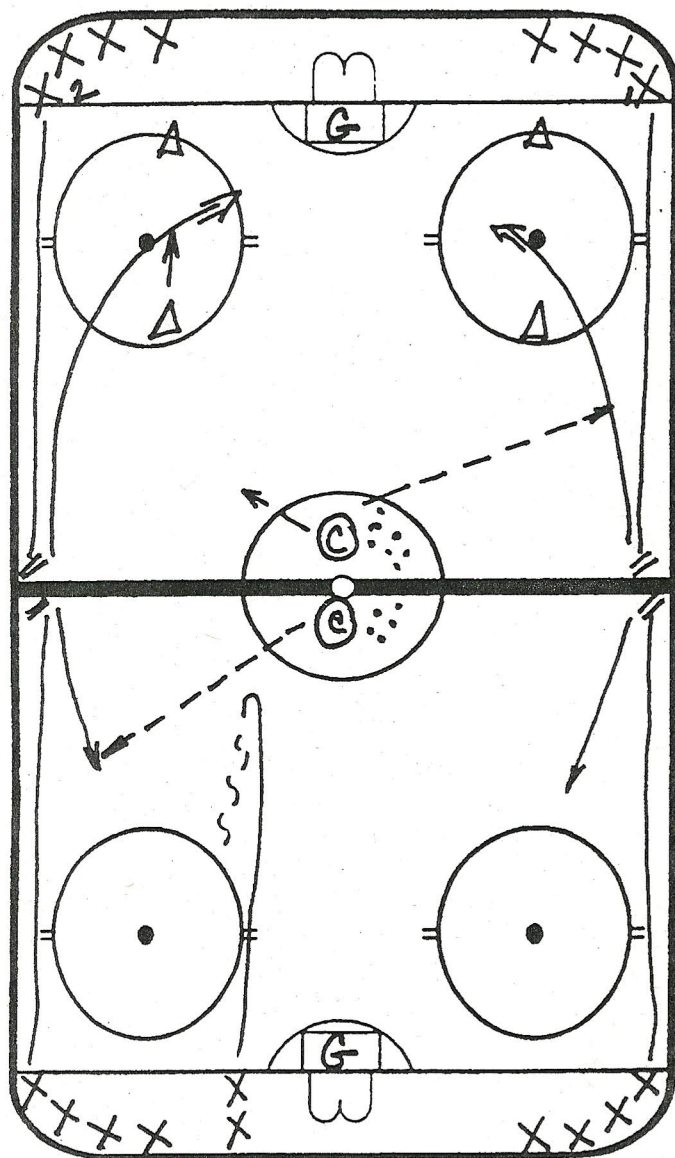


INLINE HOCKEY SKILL DRILLS: *Smally Hard Drive*



Purpose: Teaches players to drive hard to net

Description: Players line up in corners

X1 goes hard to centre red line, stops and drives around pylon for shot on net

X2 goes when coach makes pass to X1

Key Teaching

Points: Drive hard to net
Accelerate with puck

Variations: 2 on 1 with pass from coach