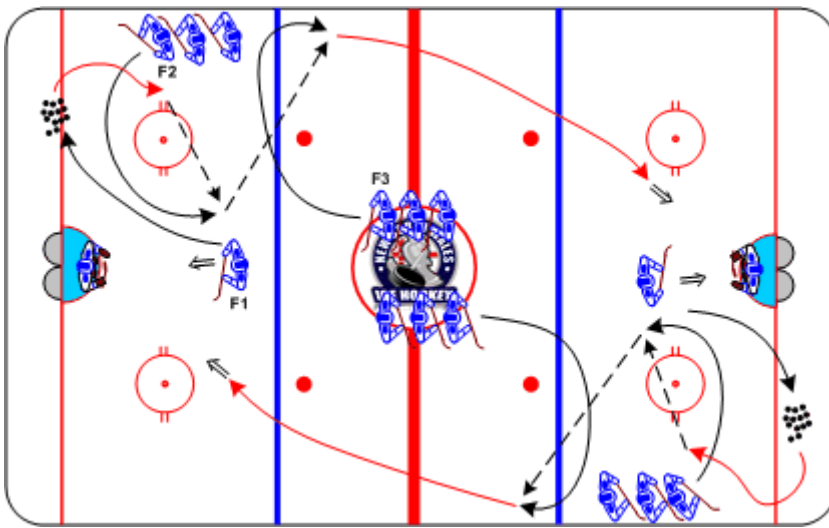


Swing Drill

Duration: 8 mins

- **F1** begins the first repetition only, with a shot on goal
- After the shooter releases, retrieve a loose puck from the corner and pass to **F2** swinging below the circle
- **F2** takes 2 or 3 steps and then passes to **F3** who swings from mid-ice to the outside lane and shoots on goal
- Players advance to the next line



Coaching Tips

- Eye on the passer, give a target
- Follow the path of the puck from the start at the other end
- Time the swing with puck control by the passer

Execution Tips

- Flow drill requiring quickness and readiness
- Support the area where the spotted pucks are, teeing up pucks if necessary