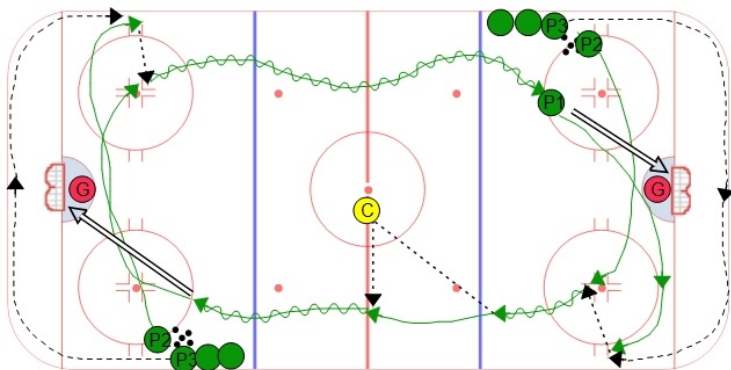


Continuous Rim Drill

Notes / Coaching Points



Description

If your wingers need help making plays along the wall in the defensive zone, then this is a good hockey drill which gives players a lot of repetitions in this situation. Form two lines with pucks at the hash marks on opposite ends of the ice as shown in the diagram. The line should face the goal line. Just to start the drill place a player at the blue line with a puck. At the start of the drill this player will skate into the high slot and take a shot on net then follow the shot to the net. After looking for a rebound they will sprint to the corner (opposite the line of players) and get prepared for the rim by P3. P2 has to time their swing into the slot so they can provide good support for P1 as they retrieve the puck off the wall. P1 will make a direct pass or a chip off the wall to P2 as they swing. P2 will then carry the puck down the ice for a shot and become P1 for the next repetition at the other end.

One variation is to place a coach or another player at center ice. As P2 receives the pass from P1 they have to make a give and go with this additional player at center ice.

Another variation is to add defense in the middle of the ice. They have to create a good gap as the puck is rimmed and then play a 1 on 1 against P2.