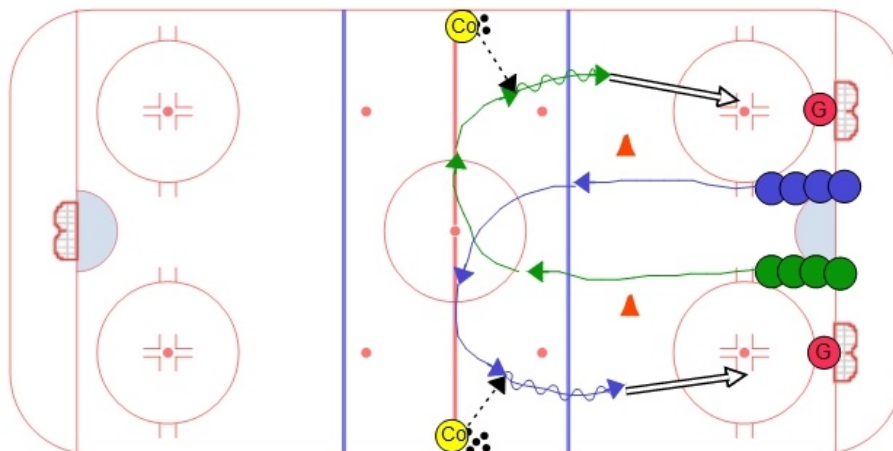


Half Ice Shoot In Stride



Notes / Coaching Points

Description

This is a good drill to focus on shooting in stride. It is a [simple half ice drill](#) so players can focus on shooting in stride without anything else to really think about. Players form two lines at the hash marks as shown. The first player skates out to the red line and towards the opposite coach and calls for a puck. Their feet are moving the entire time. Players need to receive the pass and shoot in stride before the cone. It appears to be an easy drill but it is challenging if players are forced to keep their feet moving and shoot before the cone. Enforce quick releases, calling for the puck, and stopping at the net.