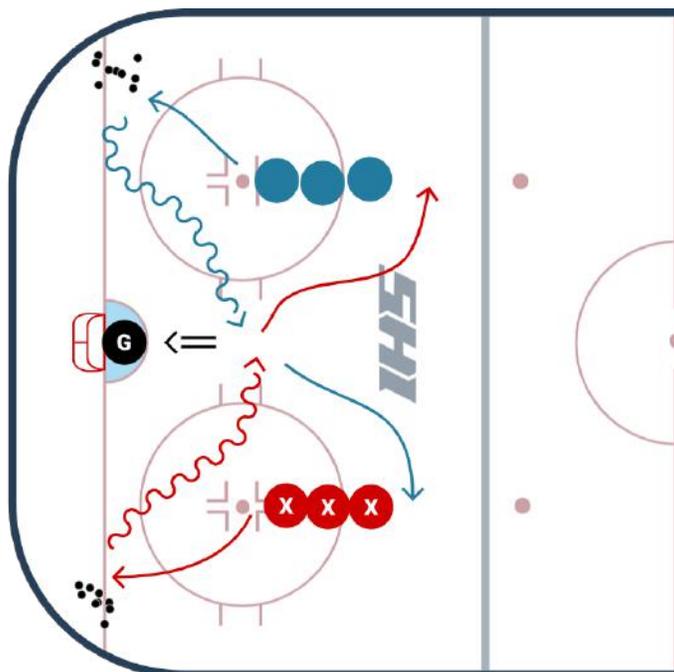


Warm Up Drill - Continuous Corner Retrieval



Description

The purpose of this drill is to get players moving/shots on goal while reinforcing skills such as puck retrieval, moving with the puck to open ice, and quick release/opening up when shooting.

Key factors of the drill:

- quick puck retrieval, opening up and quick releases when shooting, and conditioning.

This is a simple drill designed to have players make quick/accurate puck retrievals and shots on goal while opening up their body position. The drill can be run out of both ends. On the whistle, the first player (X) leaves their line and retrieves a puck from the corner. The player then skates out to the middle of the ice, opens their body to get proper positioning and fires a quick release shot on goal. Once the shot is complete they return to the end of the opposite line, and the second player (O) begins their retrieval from the other corner and repeats the pattern. The drill runs continuously.

When entering the corner, players should focus on making quick retrievals, protecting the puck and transitioning to skating towards the net. When shooting, it is important that the players "open up" their bodies by adjusting their front/hips to face the net so that they can make accurate/forceful shots on goal.