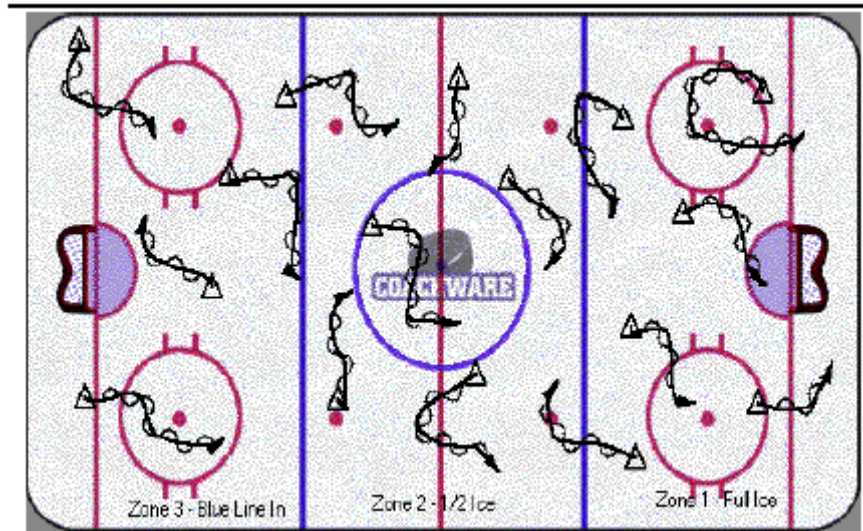


Confined Stick Handling



Description

players stick handle over entire ice surface.

On coaches command the area is reduced to eventually have all players inside the blueline.

To advance the drill you can reduce the area even smaller.

Key Teaching Points

Key Execution Points