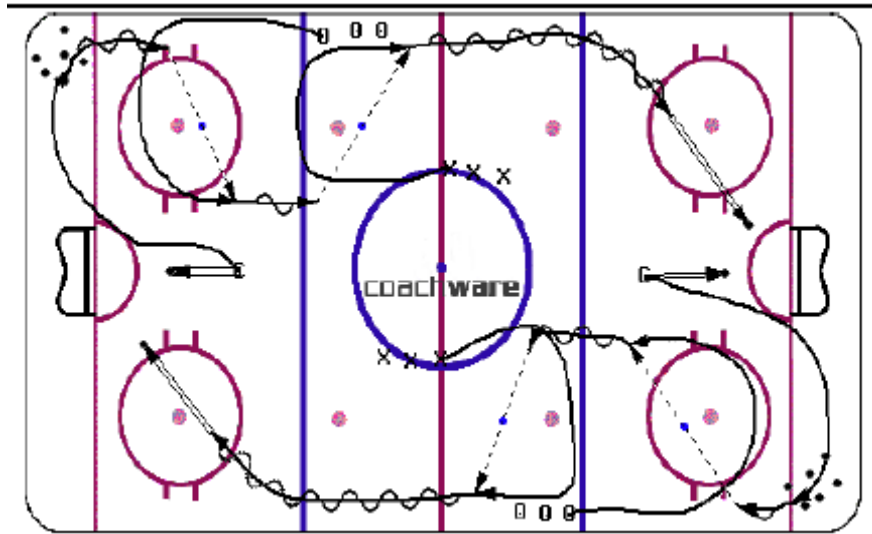


## Coquihalla Swing



### Description

COQUIHALLA SWING DRILL (from Tom Renney and the best of Team Canada)

- this is a great warm-up passing drill which provides lots of flow and short, quick bursts of speed
- to start C's take a shot on net from the slot and then swing into the corner to pick up a puck
- O's move in deep and time the curl to the middle lane, and receive pass before the blue line
- X's leave at the same time and time the curl to the outside, accelerating into the pass, and driving to the net for a shot
- after the shot, X's pick up a puck in the corner and the drill is continuous
- players advance to the next line

### Key Teaching Points

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**Key Execution Points**

- exchange lanes with speed, eye on the passer and accelerate into pass
- present a target
- head on a "swivel"

Timing is the key component of this drill. When skating off the puck, reading the play and timing the curl is critical to good execution.