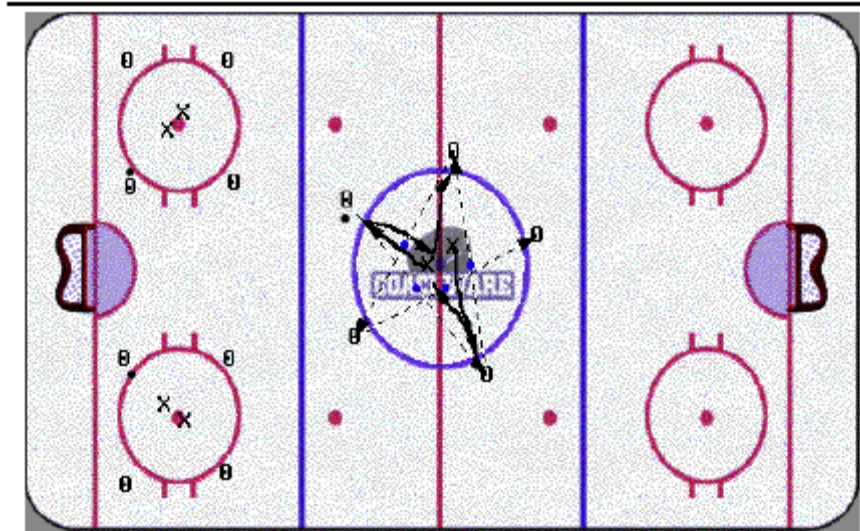


Straight Line Checking



Description

At least 4 players (O1,O2,O3,O4) surround the outside of a circle with 2 players (X1,X2) inside. One puck is used. Object is for players in middle to move as quickly as possible to the pass receiver in a straight line. Drill begins with both players in middle and puck with O1. Puck is passed to O2 on outside. The players in middle do not stop puck, nor do they check the pass receiver. X1 in middle quickly moves to O2, stopping a stick length in front of O2. X1 moves stick in front quickly, simulating trying to stop a pass (stick can start being turned over, then normal). O2 waits a moment then passes to O3 or O4. On pass, X2 who is in middle now quickly moves to the player who received pass. X1 in the direction the pass was made (so not to lose sight of puck) and moves quickly back to center of circle and stops. O3 who received pass waits a moment, then passes again to another player. X1 / X2 move continuously at full speed.

Key Teaching Points

- Moving quickly to pass receiver
- Turning to side puck is passed on when returning to center of circle
- Stick movement on puck carrier

Key Execution Points

- Quick feet
- Pivots
- Stops & starts