

Drill Name: CREASE TO CREASE RAPID FIRE

Stage of Activity	Train to Train, Train to Compete
Skills	Ball Handling, Passing, Catching, Shooting, Positioning, Tracking
Equipment	Balls, One Stick per Player, Goaltender, Net
Time	10 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> • Goaltender starts facing the passer (Player A1) and moves across the crease to face the shooter. • Player A1 passes to Player B1 for a quick stick shot. • Players should ensure crisp passes and one-time the shots, no cradling or fakes. • The drill should be executed as fast as possible. • Alternate left and right-handed shooter. • Continue until all players have shot on goal, then rotate goaltenders (if possible). <p>Purpose – Goaltender practices quick lateral movements, ball tracking and inside shots.</p>
Modifications	<ul style="list-style-type: none"> • Players switch up the type of shot (overhand, side-arm, bounce, low or high velocity) • Intended shooter passes back to the original passer for a shot.

