

Drill Name: PIPE DREAM

Stage of Activity	Train to Train, Train to Compete
Skills	Catching the Ball, Reactionary Movement, Stick Handling, Shooting
Equipment	Tennis Balls, One Stick per Player, Goaltender, Net
Time	10 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> • Players start on the end line with tennis balls. • One at a time, the players drive to 'X', change direction, then run up 3 yards away from the goal. • Players then pivot and shoot on the Goaltender. • The Goaltender tracks the player from the "X", follows to the goal line extended, and then reacts to stop the shot in tight. <p><i>This drill is to help goaltenders work on post positioning for shots right on top of the crease.</i></p>
Modifications	<ul style="list-style-type: none"> • Players start the drill on the left side, then do the drill from the right side • High, low or bounce shots

