

Drill Name: SHOWDOWN OR SHOOTOUT

Stage of Activity	Training to Learn, Train to Train, Train to Compete
Skills	Ball Handling, Positioning, Concentration
Equipment	Balls, One Stick per Player, Goaltender, Net
Time	10 Minutes
Number of People	2+
How It Works	<ul style="list-style-type: none">• All Players line up behind one another at centre, each with a ball.• One after another, the players break in and shoot on goal. <p>Purpose – A fun way for a goaltender to end practice and work on breakaway shots</p>
Modifications	<ul style="list-style-type: none">• Players change shots using high shots, then low shots• Players line up on the left or right side of the floor• Keep it Fun!

