

Z Drill (Skating)

1 minute, or repeat 2 times

Sequence

1. Start at left post
2. Shuffle right to right post
3. Forward skate left side; T-push
4. Shuffle right across top of crease
5. Backward return to right post
6. Reverse
7. Repeat

Key Points

- Behind-the-net tracking
- Point shot
- Low-to-high tracking
- Add save simulations to drill at each post and (4) and (5)

