

X Drill (Shooting)

4 pucks each shooter
Add shots to X Skating Drill from shooters
at (1), (2), (3), and (4)

Sequence

1. Start at left post and T-push forward to challenge shot from player (1)
2. Two C-cuts; then T-push lateral or shuffle to right post for shot from player (2)
3. Out and challenge (T-push forward) shot from (3); then two C-cuts; then T-push lateral or shuffle to left post for shot from (4)

(See Skating X Drill for details.)

Key Points

- Fast feet
- Bring-hands to puck for leg saves
- Recovery to stance and move to next shot simultaneously
- Lead with stick to shot lane
- Skill and conditioning

