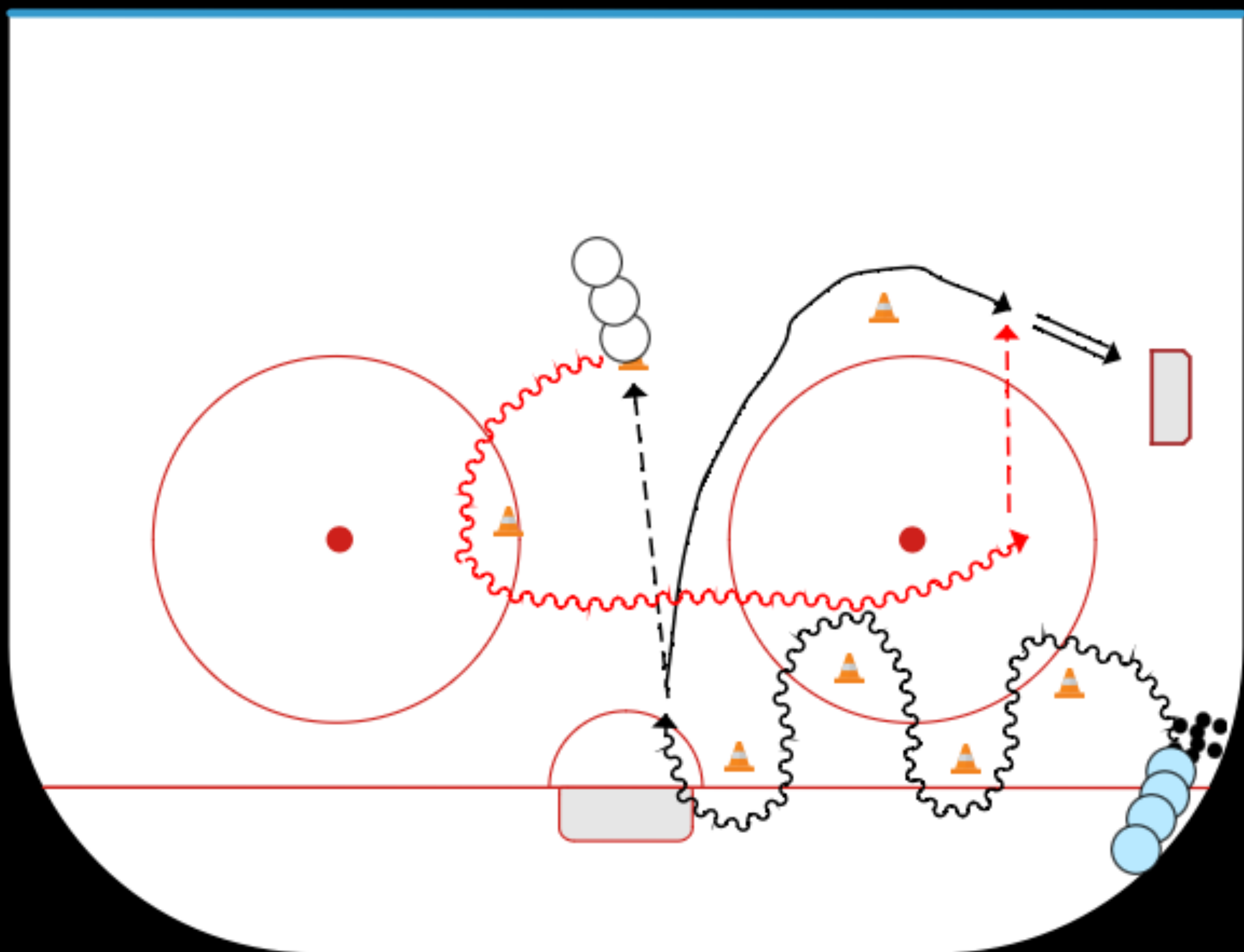


Drill of the week (week 45)

Oldrich Jindra, Hockey Skills Factory



Age - U11

Teaching points: Speed , Puck carrying, netdrive

- this drill is done for U11 to attack the net
- around 6-8 players
- doing simple things correctly
- Addition points: carrying the puck backwards, second puck, quick turn to the boards
- shooting on the left side pad for rebound
- motivation is a clip from national team game FIN-SUI

