

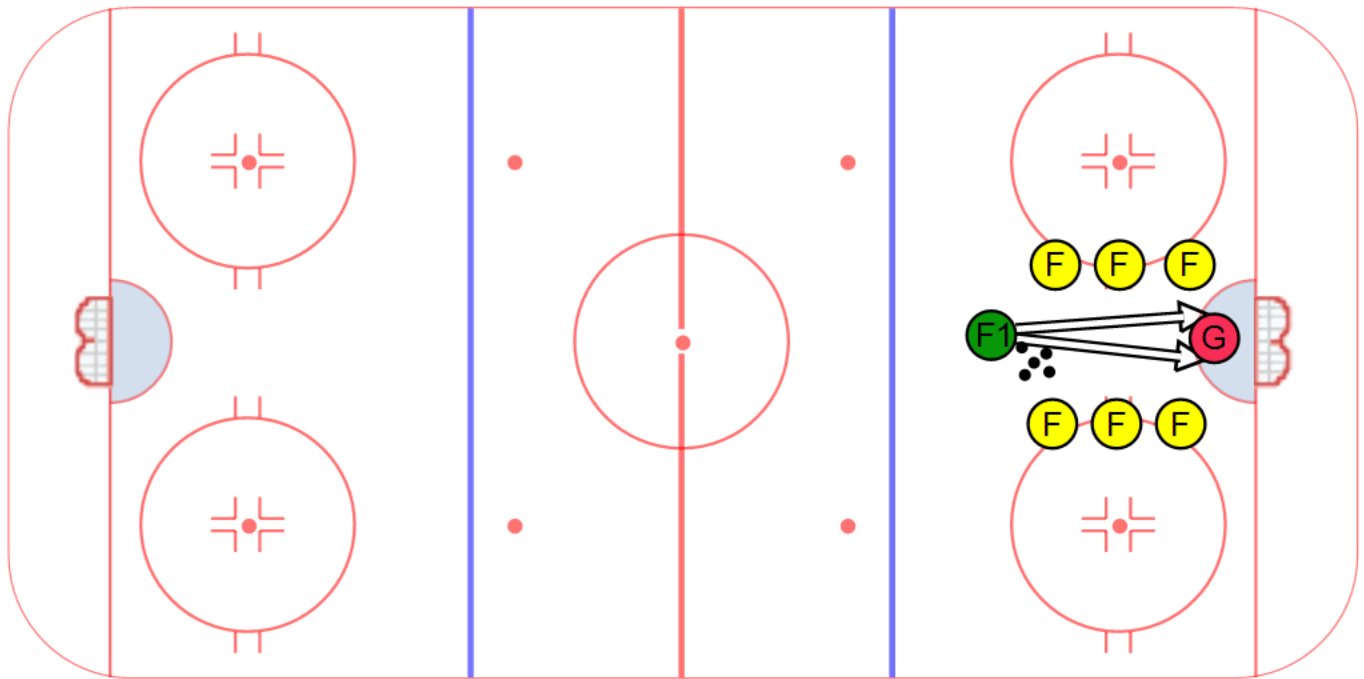
Category #1 :

Category #2 :

Title : 7 Man Rebound Drill

Content elements : _____

Components: _____



Key points :

Description

This is not only a great drill for goalies, but also for forwards because they can work on scoring off the rebounds. Seven players are not necessarily required for this drill, it works fine with more or less. Designate 1 player to be a shooter and stand in the slot with a pile of pucks. The shooter shoots at the goalies pads to try and produce a rebound. The first player to get to the rebound gets the reward of trying to score the goal. It is good to rotate the players through each position after around 5 shots depending on how the goalie holds up.