

Drill Name: REBOUND & PASS – 2 GOALTENDERS (FULL FLOOR)

Stage of Activity	Train to Train, Train to Compete
Skills	Scooping, Ball Handling, Passing and Catching
Equipment	Balls, One Stick per Player, Two Goaltenders, Net
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • The Coach shoots the ball at one goaltender (G1) in the goal. • G1 controls the rebound and passes to a breaking player (Player A1) along the left side boards. • Once the pass is successful, Player A1 breaks to the opposite goal on a breakaway to shoot on the second goaltender (G2). • Run the play again, but have G1 pass the ball to a player breaking up the floor on the right side. • Alternate until all players have taken a shot. • Restart the drill at the opposite end. G2 will then be the outlet passer. <p><u>Purpose</u> – Rebound control, passing and breakaway shots.</p>
Modifications	<ul style="list-style-type: none"> • Vary the length of the outlet pass

