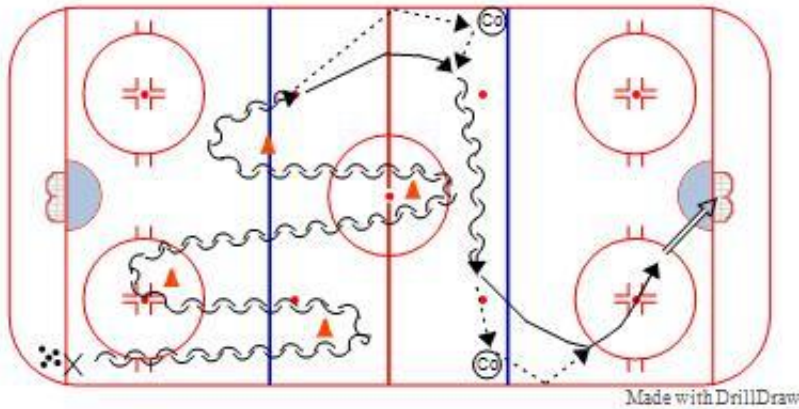


# Tight Turn Give and Gos

Category: Skating | Drill Level: Intermediate



## Key Points

- Turning
- Board Passing
- Entering the Zone
- NZ Movement

## Description

Player begins the drill by doing tight turns around each cone (focus on acceleration out of the turns). When the player turns around the final cone, he/she makes a board pass to the first coach and cuts across the blue line receiving a return pass from the first coach. Player then passes to the second coach and cuts into the zone when the coach makes a board pass inside the zone. Player finishes by driving to the net for a shot / rebound.

## Notes

tight turns can be replaced by defense turns. passes to and from the coaches can be direct passes.