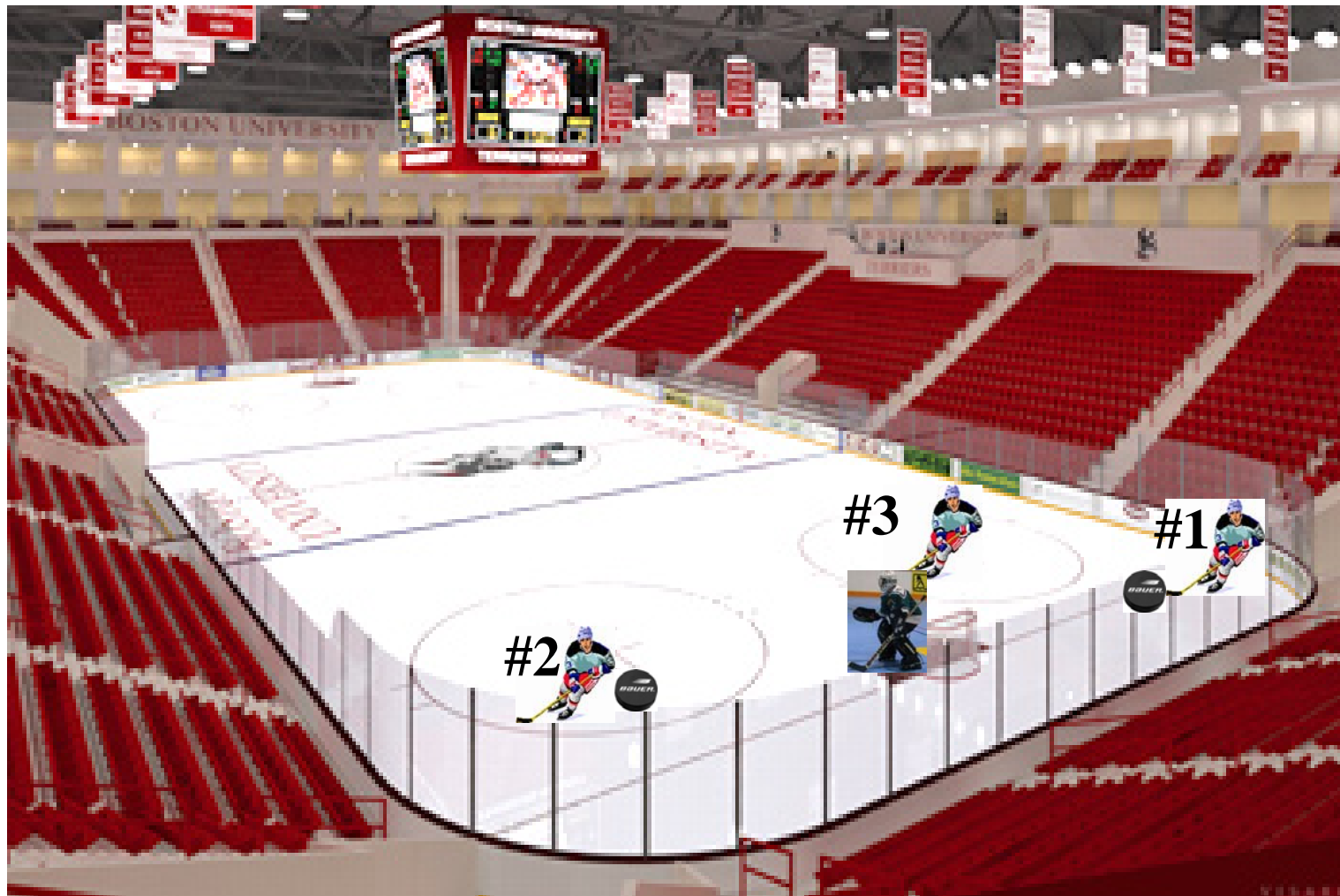
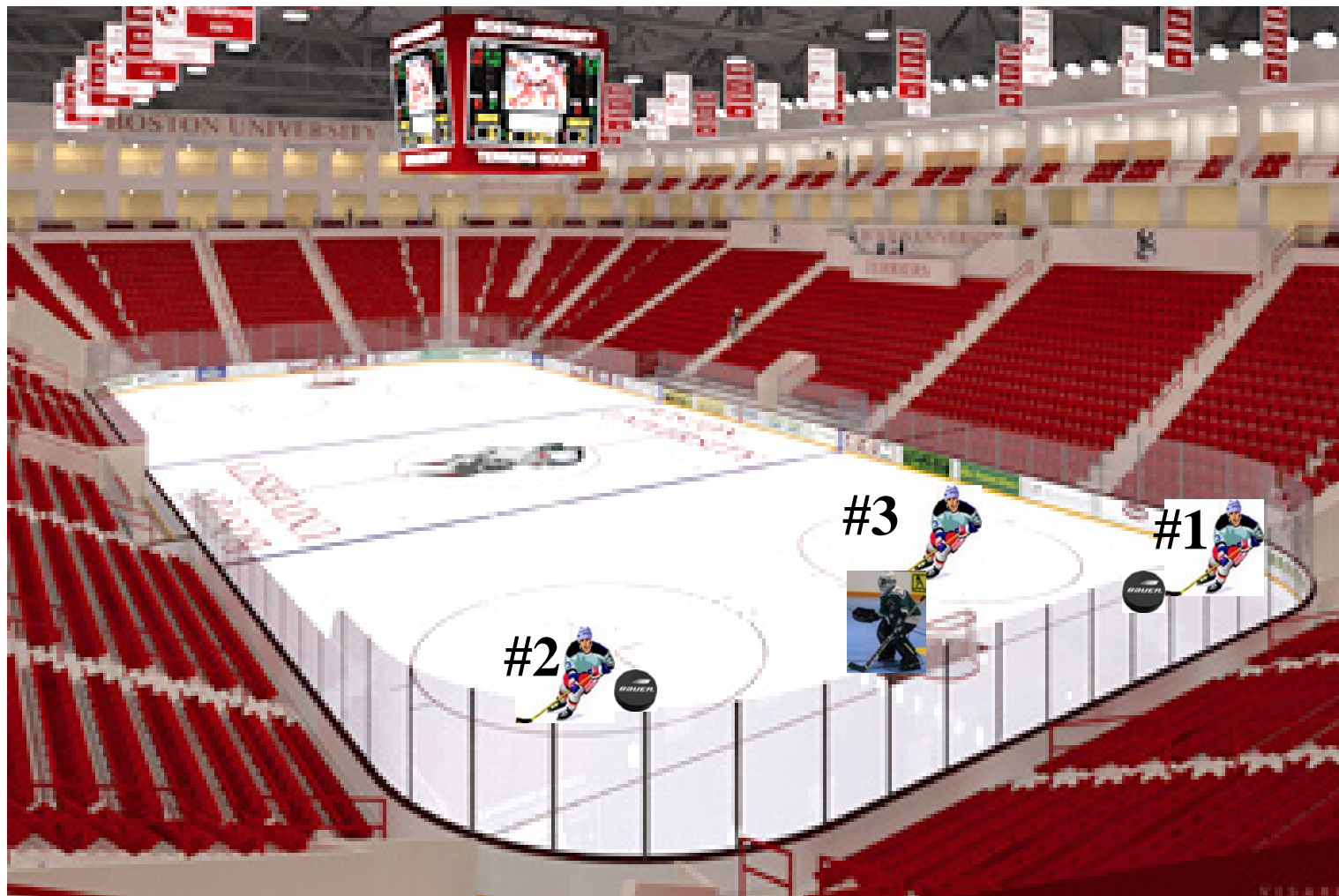


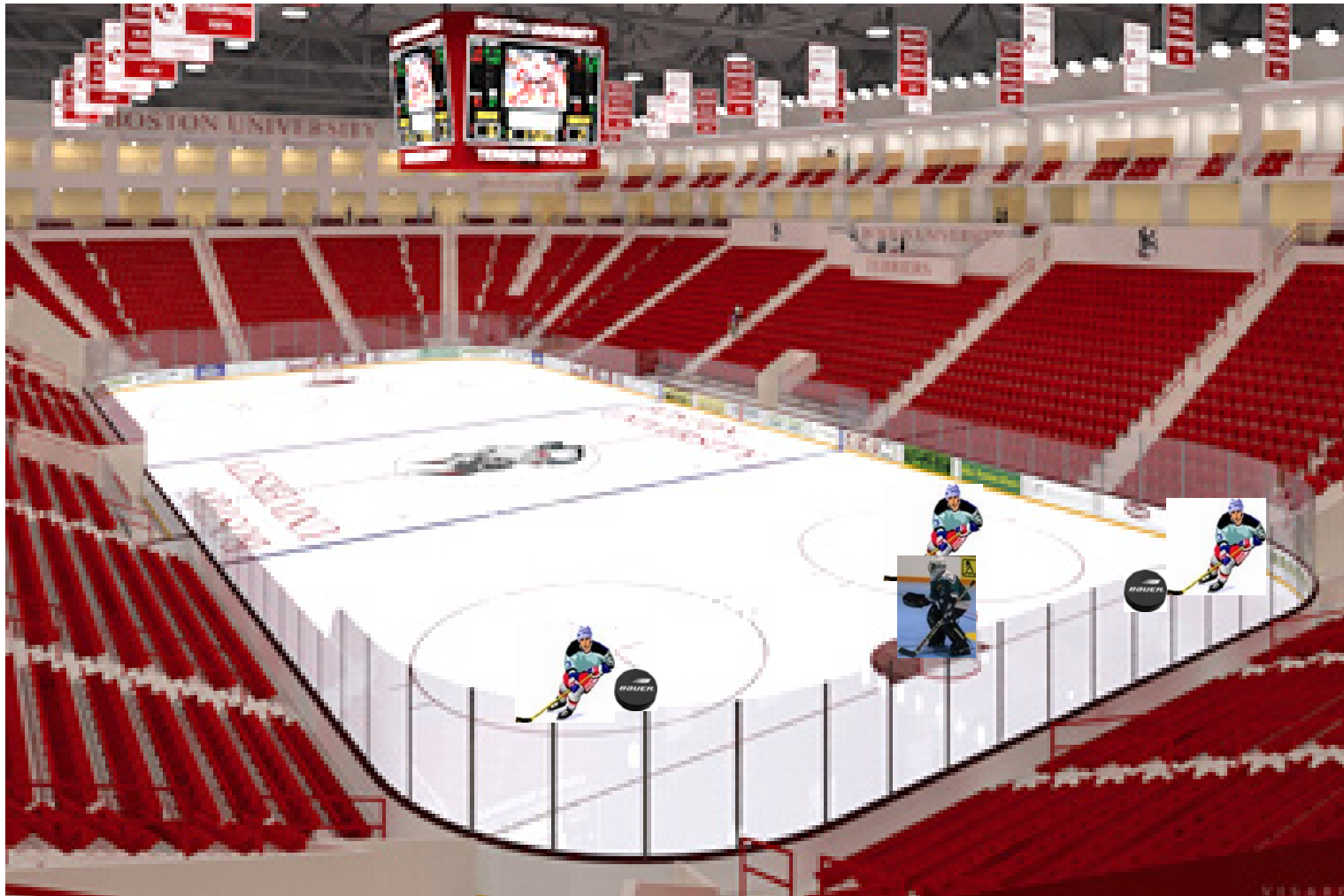
Cougar Three Shot Drill



- Start with one line of players in the corner
- One line of players on each dot



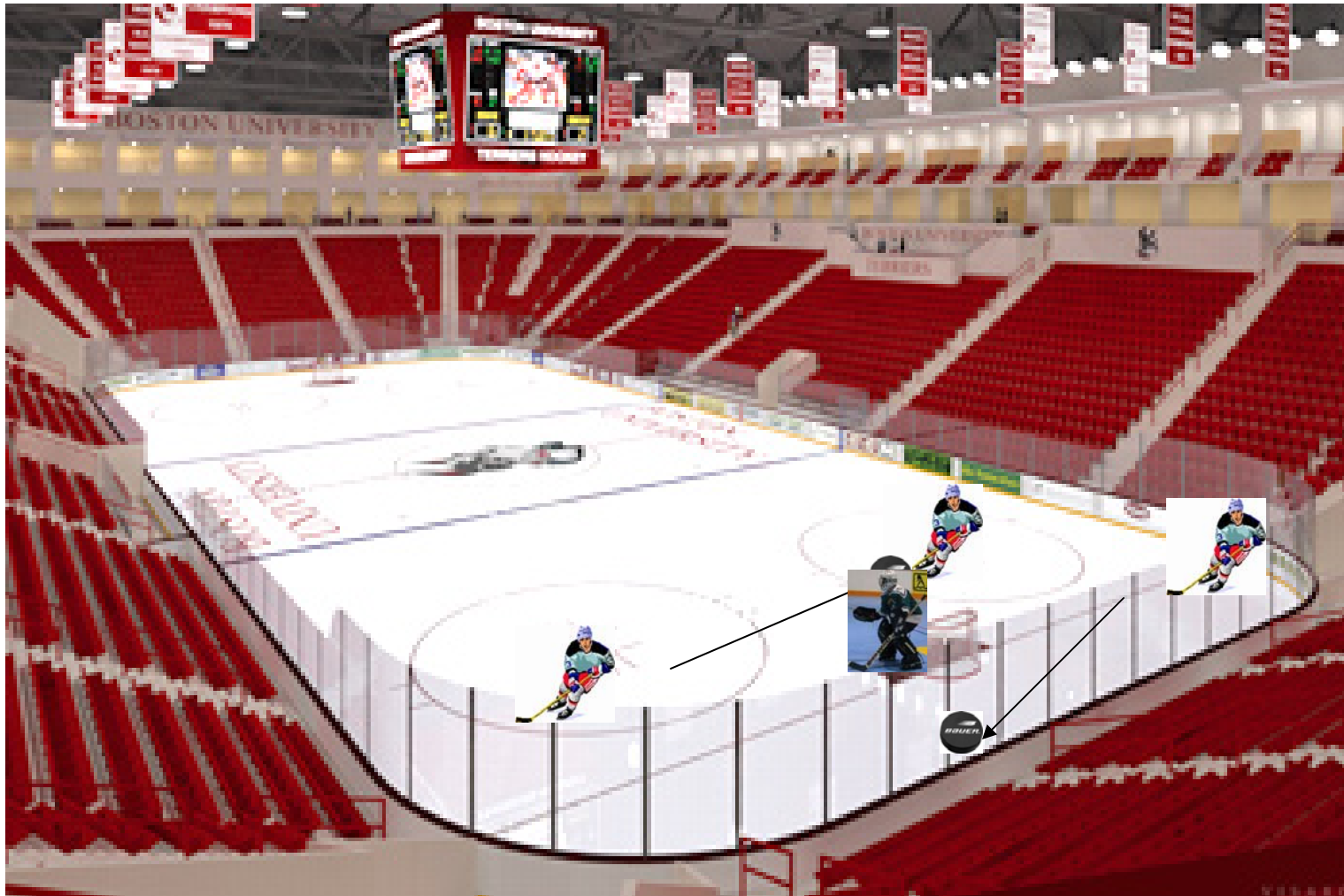
- Players in right corner and left dot have lots of puck



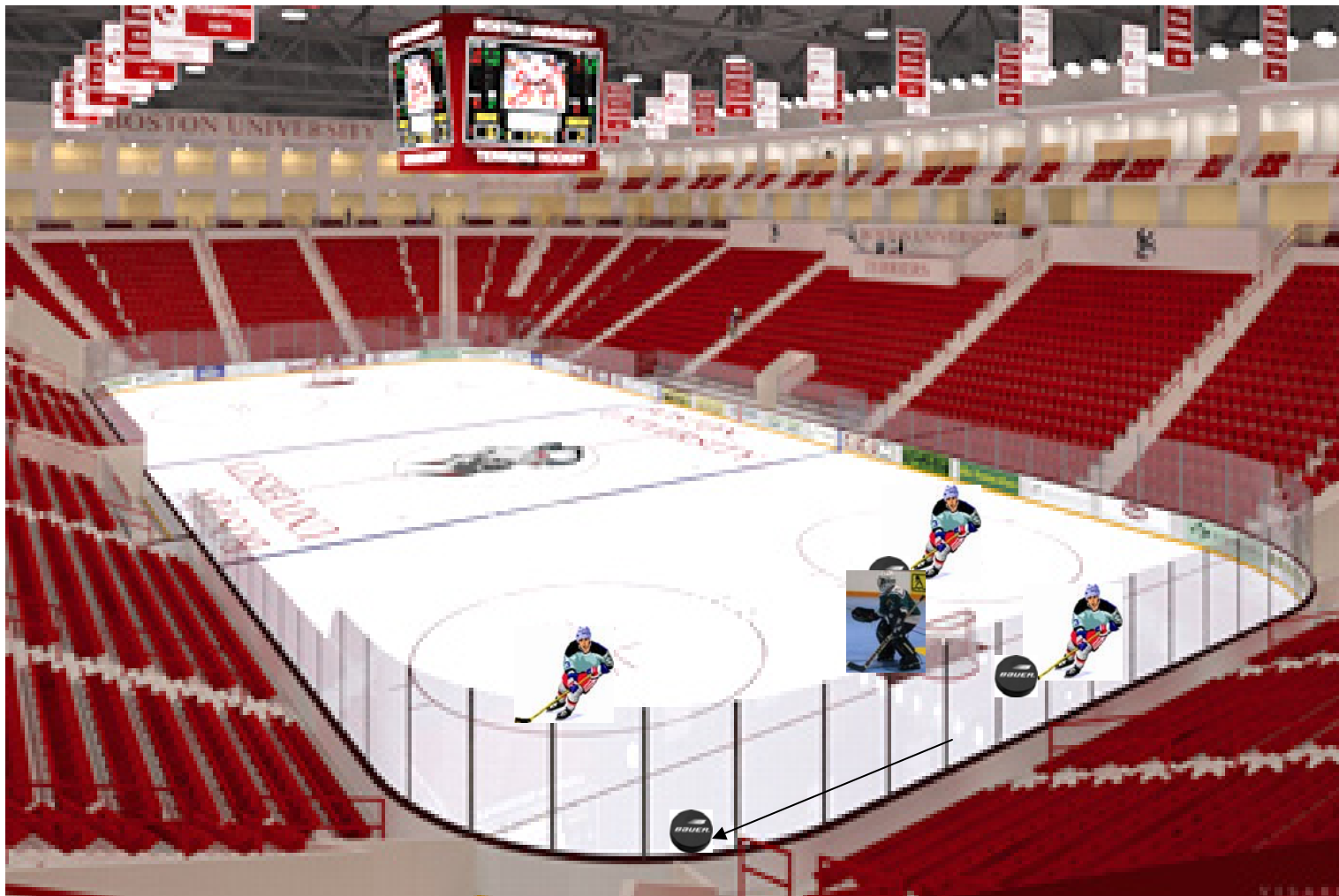
Goalie should be on hugging the pipe on the near post



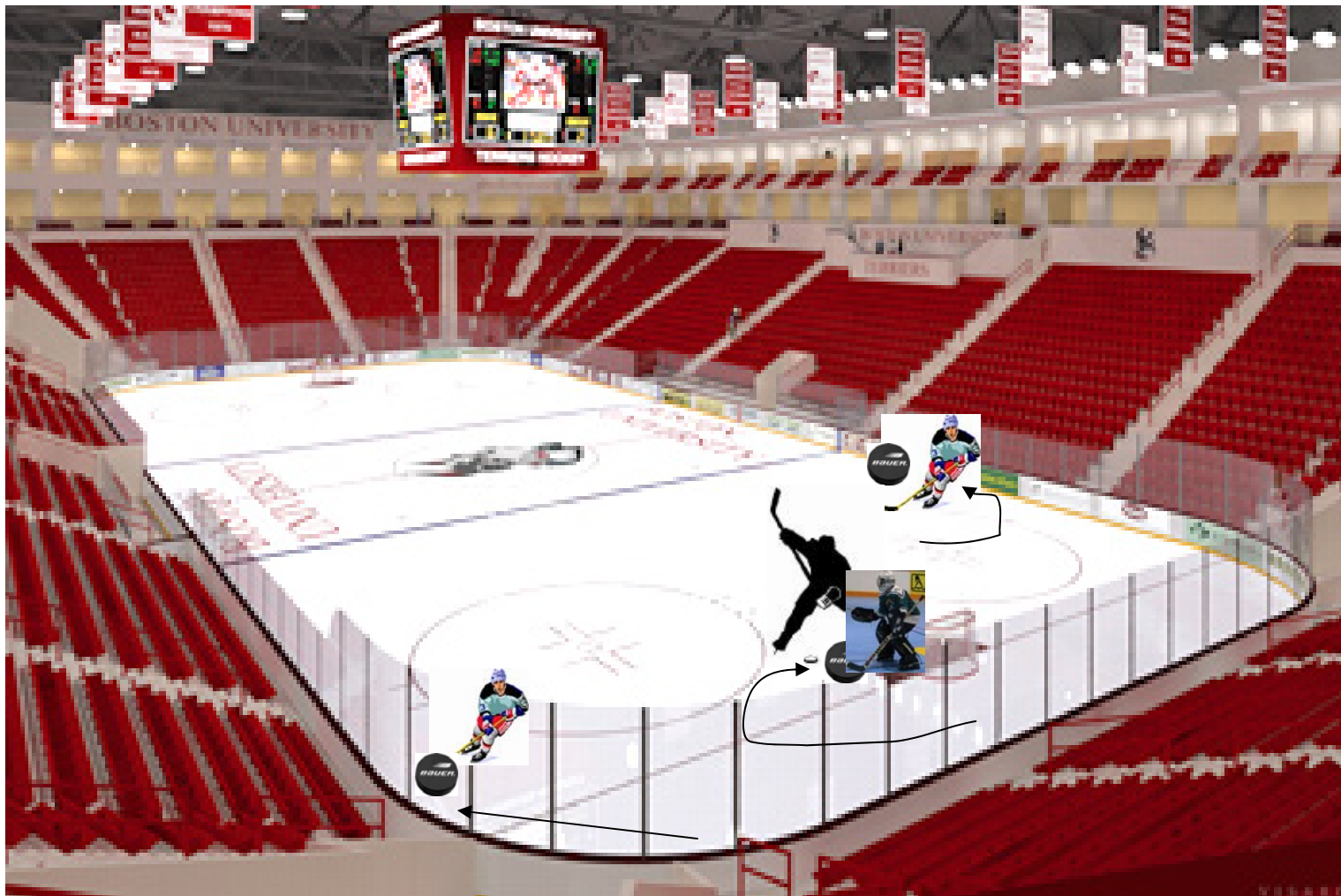
- Play starts when player #1 rims the 1st puck around boards to opposite player on the dot
- Simultaneously, player #2 passes to player #3



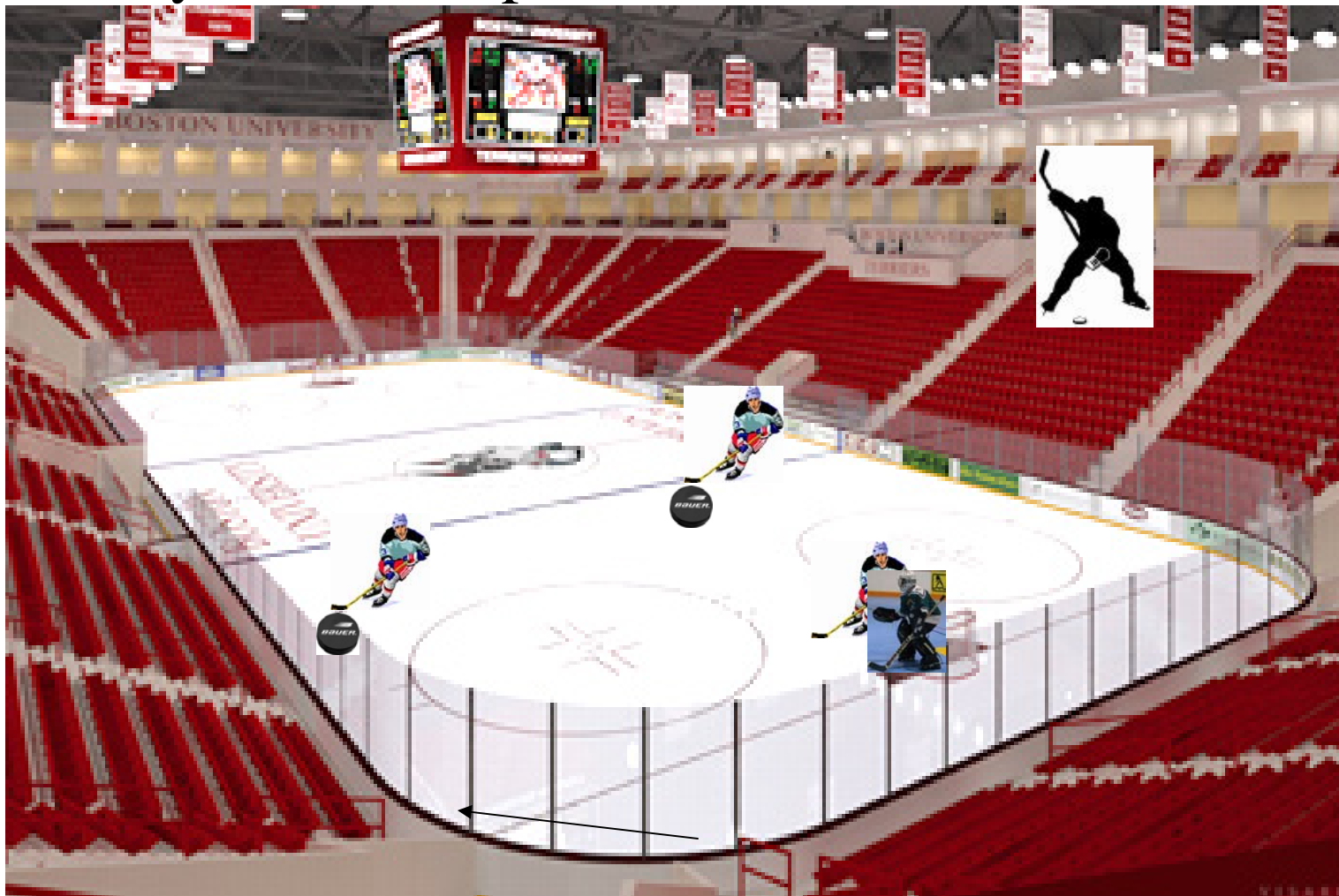
- Then player #1 takes a second puck and attempts a rap around or short side stuff
- Simultaneously, player #2 passes to player #3



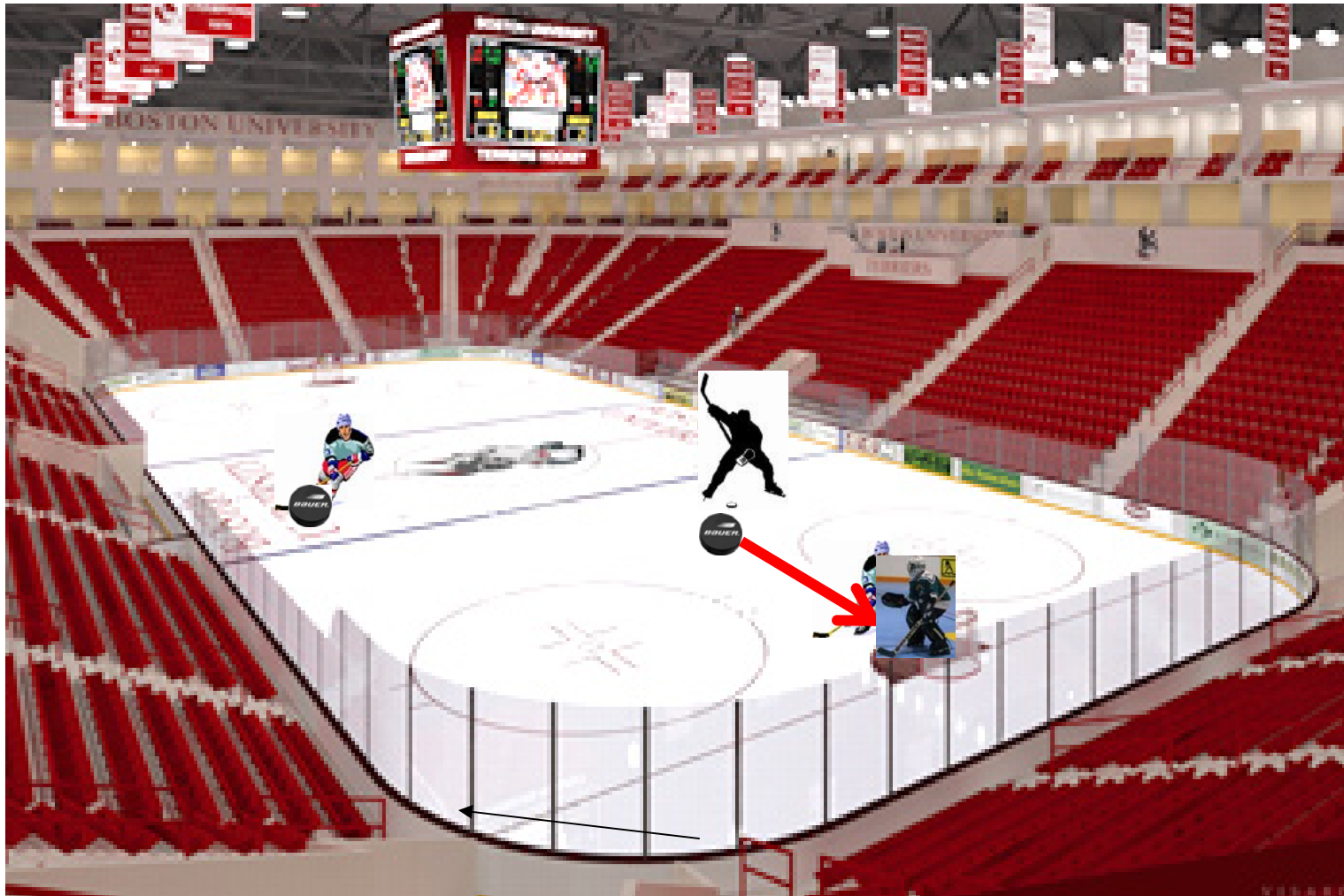
- Play starts when player #1 rims the 1st puck around boards to opposite player on the dot
- Simultaneously, player #2 passes to player #3



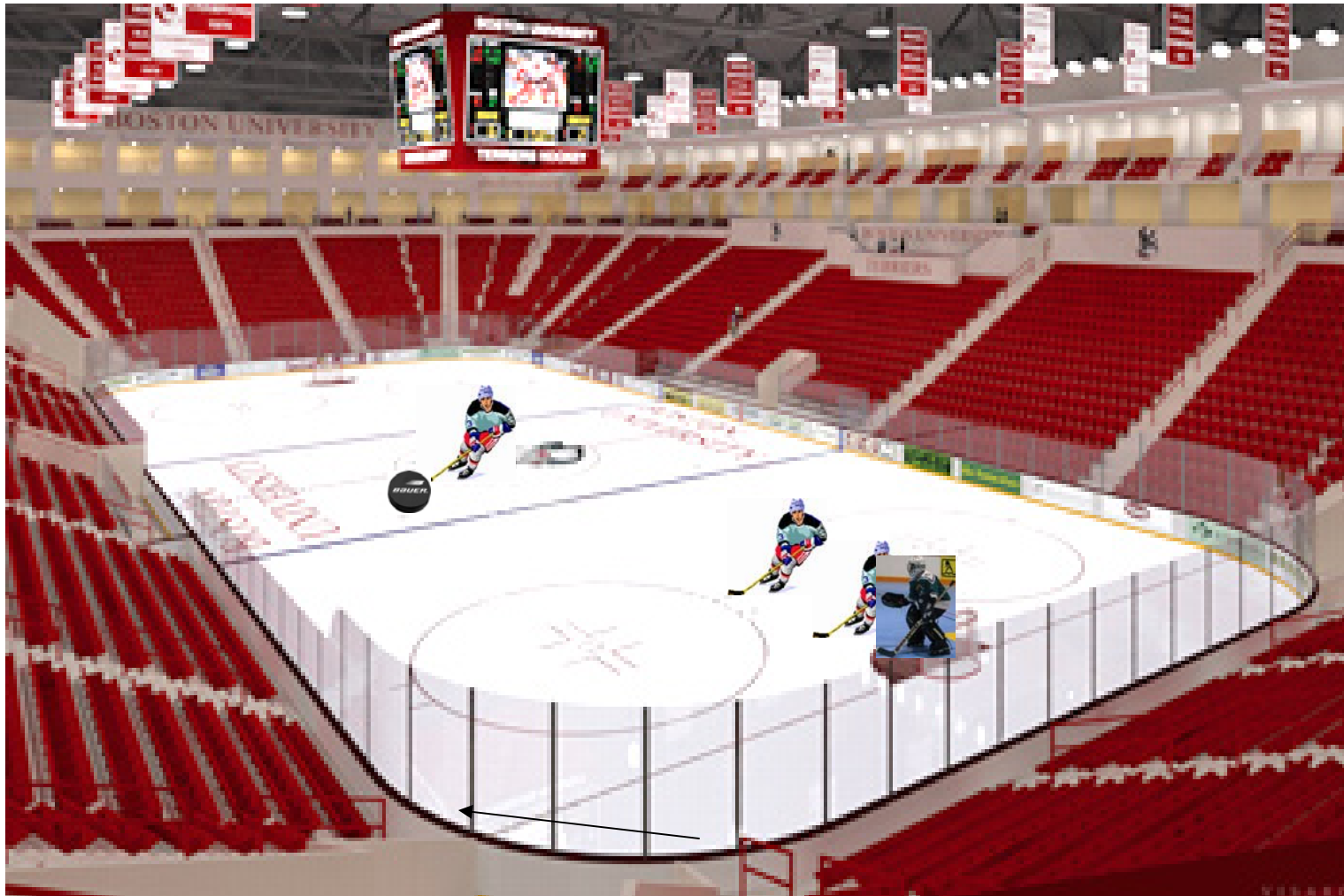
- Player #3 must cross Blue line then come in and take a wrist shot from top of circle
- Player #1 sets up in front for a screen



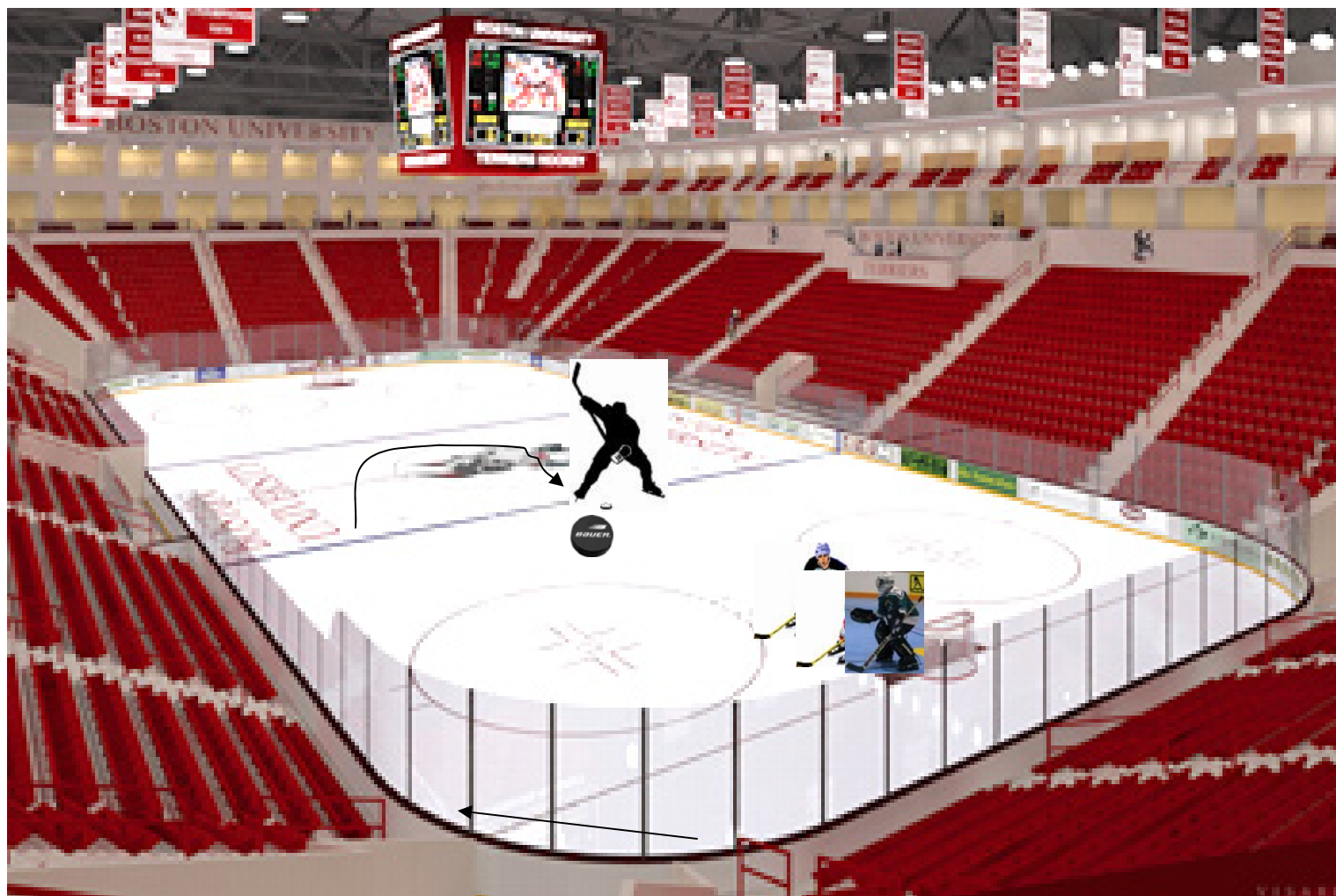
- Player #2 skates out over the red line then comes in taking a slap shot at the blue line.



- Player #2 skates out over the red line then comes in taking a slap shot at the blue line.



- Player #2 skates out over the red line then comes in taking a slap shot at the blue line.



Whistle blows and next group starts

Key teaching points

- Goalie
 - Post location
 - Side to side movement
 - Up/down movement
 - Recovery: Quick reaction on 2nd &
 - Working position through screens
 - Angles
 - Position & controlling rebounds
 - Physical work out



Key teaching points

- Skaters
 - Skill work
 - Handling puck
 - Picking puck off boards
- Decision making
- Shooting
- Screening/ tipping
- Position around net



Variations

- Break out on whistle
- Full ice 3 on 0
 - Could a backcheckers