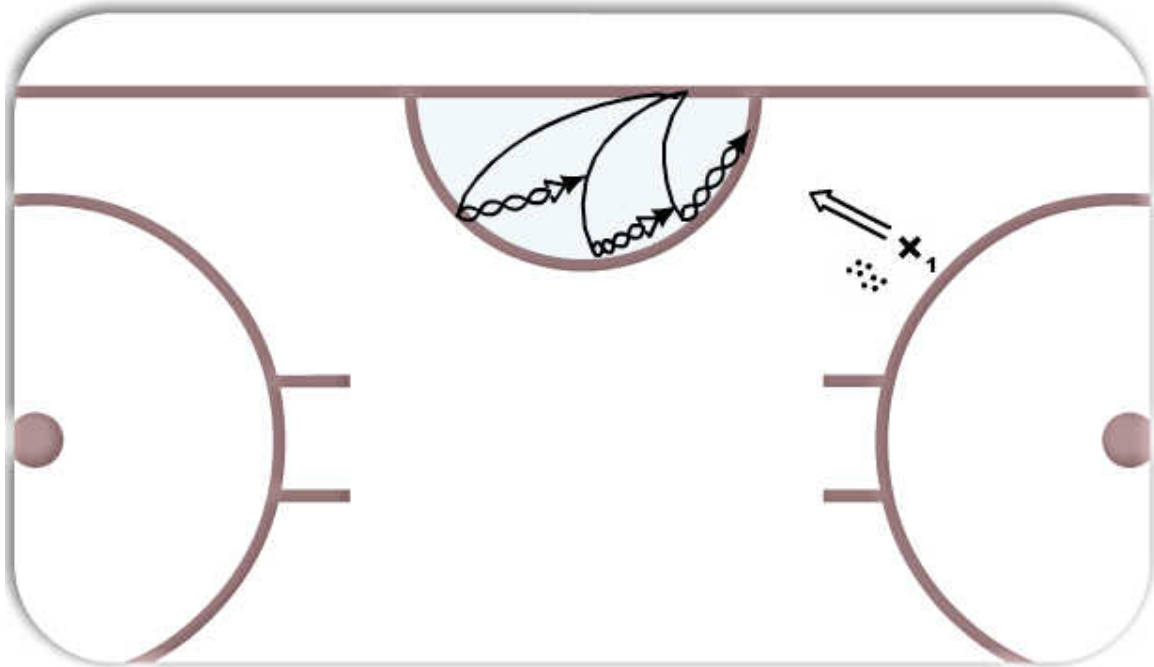




## COD 3 SHOT PROGRESSION

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### **Drill Description:**

X1 starts with in low corner slot. G starts at post and steps to 1 immediately changing direction and butterfly slides back. Immediately get up and organized on post and repeat to position 2 and the then repeat to 3. With each you are acquiring more touch in your slides. Best to do low shots and they high shots.

### **Key Points:**

- \*Stay low, good flexion in stance off post
- \*Strong edges and look to the release as you start your slide
- \*Reach, put hands into the angle and lean to the puck side
- \*As you get to position 3 you may need to utilize a desperation butterfly, falling forward hands in front, pads seal the ice.