



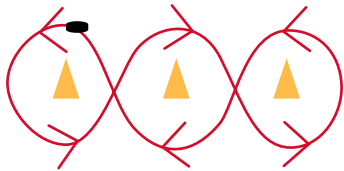
HITMEN DRILLS



BY HITMEN ASSISTANT COACH JOEL OTTO

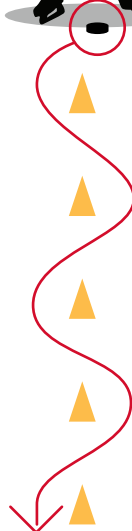
STICKHANDLING

Set up the following Stickhandling Drills with cones or other similarly-sized objects you can find.



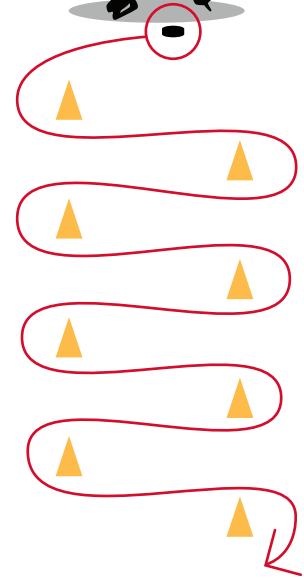
DRILL #1

Start by arranging three cones in a line in front of you. Move the puck (or ball if no puck is available) through the cones while standing still.



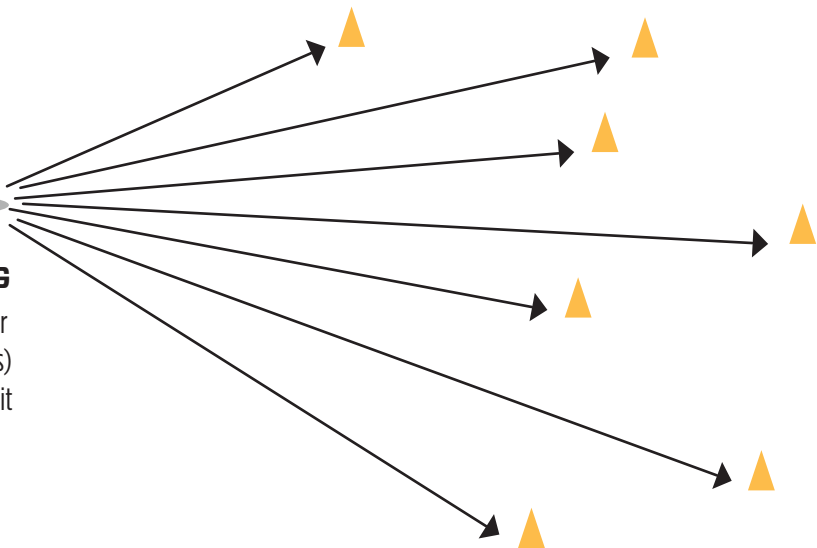
DRILL #2

Start by arranging a staggered line of cones. Stickhandle around the cones while skating straight over the cones.



DRILL #3

Start by arranging two staggered lines of cones. Stickhandle through the cones by reaching across your body for width while the player skates through the middle.



PASSING/SHOOTING

Using a number of cones (plastic water bottles, or other similarly-sized objects) work on passing the puck (or ball) to hit your targets.

Adjust to work on various distances.