

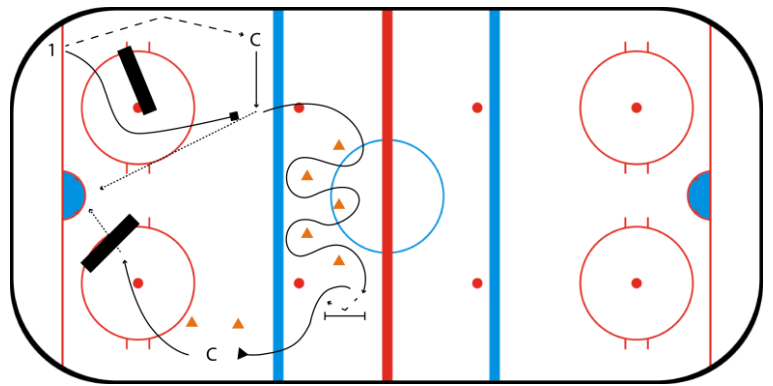
**DRILL: SHOT BLOCK GAUNTLET**

LINK: <https://acimaging.net/hockey/shot-block-gauntlet/>

**PURPOSE**

This is a technical, multi-disciplinary drill working on blocking shots, skating, puck control, puck protection and shooting.

**HOW TO**



- Set up a border patrol low in each half of the zone, a series of cones in the neutral zone for a weave, two cones as a “box” or “gate,” and a passer between weave and gate (could be a person, too).
- Players line up in the corner, one coach at the point as the shooter and one in the gates as a gauntlet gate keeper.
- Player 1 passes to coach at the point then rushes the shot – taking an inside lane while the coach drags to shoot. They MUST block the shot. If they do not block the shot, they get back in line and try again.
- Once they block the shot, they must gather the puck and stick handle through the weave.
- Just past the weave they must pass off the passer and re-gather their puck.
- From here, they will proceed into the puck protection gauntlet where a coach will provide light to medium pressure/defense/body contact as the player must make a move to try to get through with possession.
- After this, player drives to the net, taking a mid-range shot over the border patrol, then avoiding it to get to a loose rebound. (This border patrol is optional, but helpful for accentuating lifting shots and driving to the net through traffic.)

**DRILL: PP/PK/DZC**

Controlled review of PP/PK. Review PK box positioning and run drill from breakout through regroup to set up.

PP 1: Claire-Miller-Bri-Ken-Maddy

PK1: Patterson-Alyssa-Abby-Kaylee

PP2: Patterson-Alyssa-Kaylee-Abby-Maddy

PK2: Juls-Emma-Ken-Gi

PP3: Juls-Gi-Emma-Abby-Ken

PK3: Claire-Bri-Maddy-Miller

**DRILL: 3V3 RELEASE IF TIME**