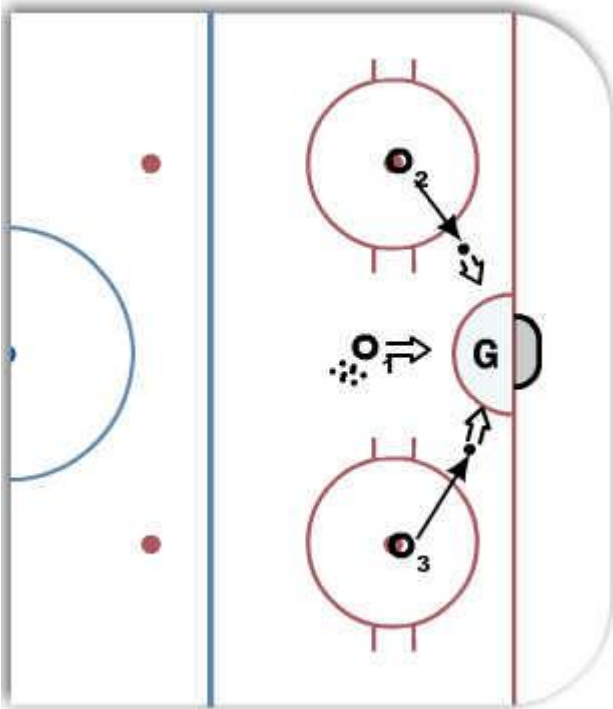


Double Rebound



Description

2 pucks are placed on either side of net-front to begin drill. O1 shots right foot. After initial save Goalie power slides to save placed puck simulating a rebound from O2. After second save Goalie then power slides to save placed puck from F3 simulating second rebound. Switch to left foot to begin drill second time around.

Key Points: -Lead with Hands, -Good low Coverage, -Strong Pushes, -Battle Mindset