

Hockey Drill

Week 10

Markers place in a ▲ shape

1. Reverse Cutbacks

Start at the top
Dribble to marker
Cut back
Dribble to last marker

1. Reverse Jinx Cutbacks

Start at the top
Dribble to marker
Jinx back
Dribble to last marker

1. Forehand Cutbacks

Start at bottom left marker
Dribble to the top
Cut back to bottom marker