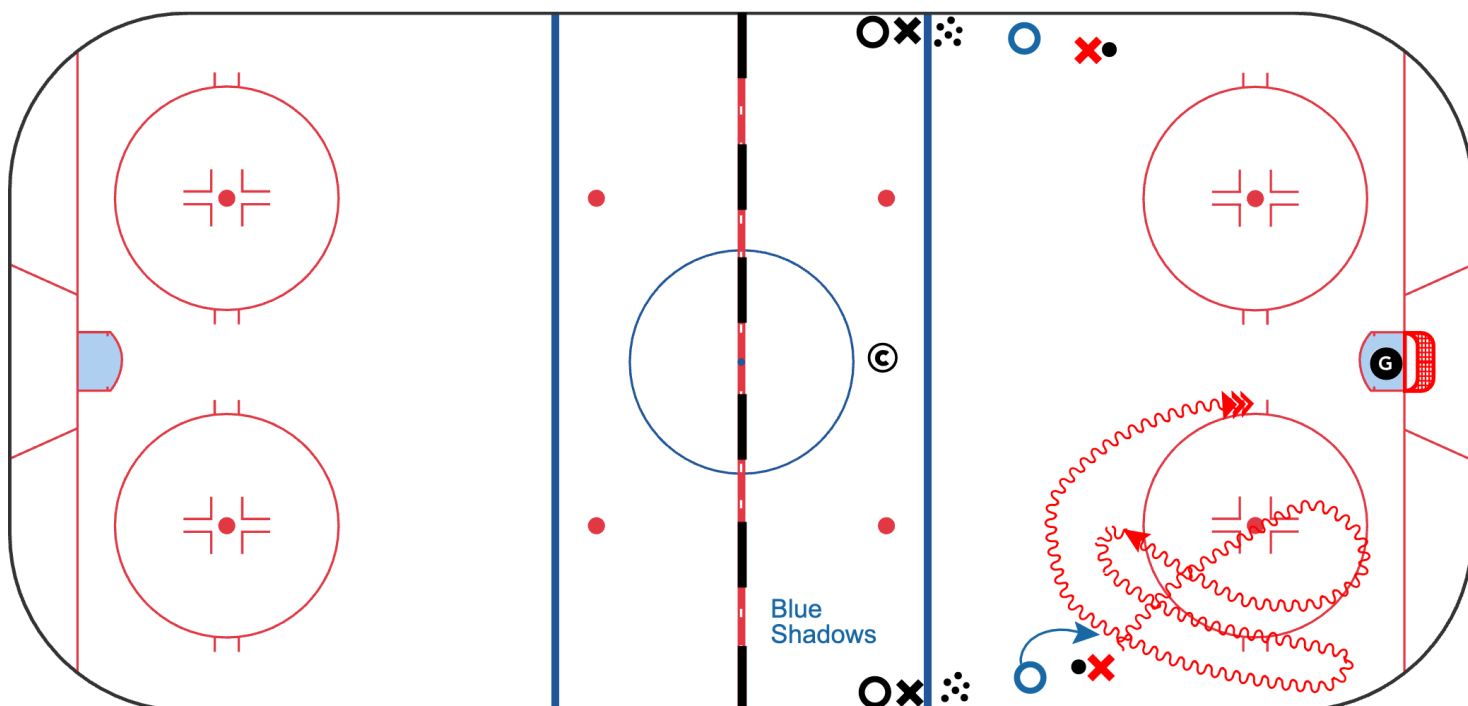


Crosby Escapes Drill



Description

- **X** starts with puck, **O** shadows the play with good stick position, paying attention to not getting too close
- **X** does 2-4 escapes toward the boards, keeping feet moving and eventually rolling out hard to the slot for a shot
- Have sides alternate to make sure the goalie has time for each shot

Key Points

- Use shoulder checks and fakes before tight turns towards the boards