



Drills provided by

EZPUCK.COM

TAKE YOUR STICK HANDLING TO THE NEXT LEVEL AND CHANGE YOUR GAME FOREVER. Specifically designed to help you move the puck faster and with greater accuracy. This new innovation in hockey training will elevate your game to the next level allowing you to train all year, on or off the ice.

Learn more about EZPuck at www.ezpuck.com for more information, drills, and videos.

LINE DRILL

Place the red EZPuck in the first position with the arrow facing right. Next, place the remaining blue EZPucks in a straight line. Position them one to two feet apart from each other. As you advance, place the EZPucks closer together.

