



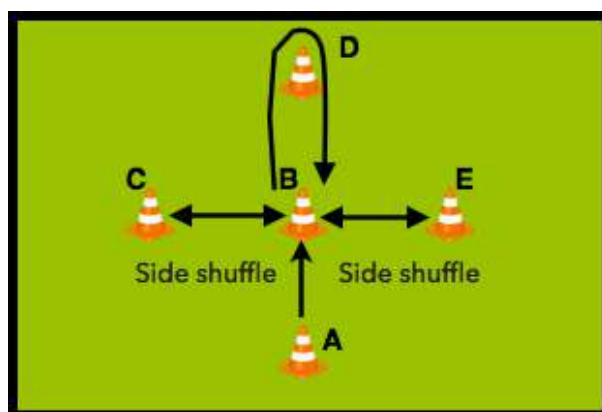
3 Hockey Drills You Can Do At Home

Want to improve your hockey skills but don't have much space or access to an astroturf?

Lauren Penny, founder of the **Hockey Performance Academy** has provided 3 effective drills that can you anywhere with just 5-10m of space. With agility being a large part of hockey, these drills focus on sharp movements while still maintaining control of the ball.

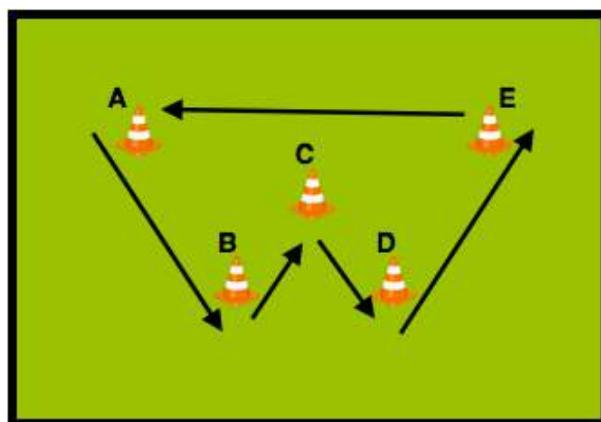
Drill #1:

Start at cone A, when you get to cone B, side shuffle (double pull) to cone C then shuffle back to cone B. Then run forwards around cone D, when you get back to cone B, side shuffle to cone E and back to cone B. Finish by dribbling back to cone A.



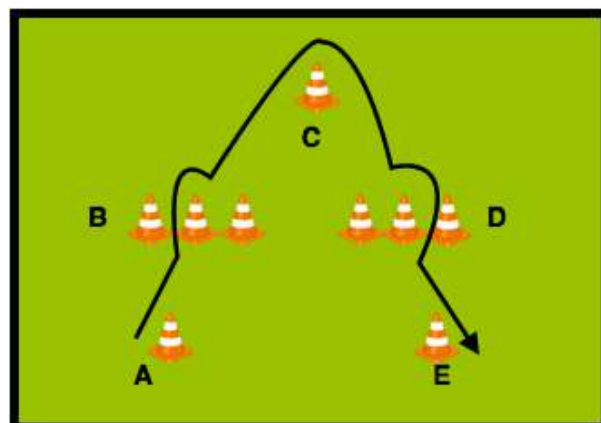
Drill #2

Start at cone A, sprint to cone B, then to cone C and then stay facing forward and pull the ball back into space until you get to cone D (you may need a double shuffle back), then sprint to cone E and finish back at cone A.



Drill #3

Start at cone A, dribble to cones at B, use a lifted/3D skill or elimination skill to get past cones, sprint with the ball to cone C, turn and head to cones at D, use another elimination skill or 3D skill to get past cones, finish at cone E.



To find out more about how you can improve your hockey skills, fitness and confidence check out the [Hockey Performance Academy here](#)