

B-D Practice Practice - Give and Go

Key Points:

Shoot quick, pass quick, face the puck, give a target. Don't dust off the puck. Make hard fakes and accelerate after a move.

Description:

1. Four Quick shots.
2. Game with Jokers.
3. Game of 3-2. D inside circle, F outside circle.
4. Go around coach.
 - a. Waggle around then seal off and accelerate.
 - b. fake and across with puck in front of toes both forehand and backhand.

