

B6 Neutral Zone Skate and Shoot

Key Points:

Carry the puck 3 times between blue and red lines.

Description:

1. Half the team in diagonal corners and not behind the net. Leave when the first player gets to the blue line.
2. Pivot 3 times between the red and blue, vary the type of skating and puck handling.
3. Skate in and shoot hard.
4. Follow the shot for a rebound.
5. Circle back and go for a rebound on next shot.
6. Go to the open corner.

*Add variations like carry puck only on forehand or backhand, face one way and only, pivot at each line, backwards etc. You could also start with a pass from second in line.

