

B600 Flames Shooting:

This is a drill I picked up watching the Flames practice.

Key Points:

Pass hard and keep your feet moving. Follow the shot for a rebound and circle back for the next shooter.

Description:

1. Players line up along the boards opposite each other and shots can be taken at just one end or both ends at the same time.
2. Start 1 skate along the red line and pass to 2 and get a return pass then skate in and shoot.
3. After passing 2 skate toward 3 and do the same thing.
4. After shooting and following the shot #1 skate to the top of the circles and go in for the rebound from #2.

Options:

Two players could leave at once and the return pass go to the second player. In this case allow only one pass in the offensive zone.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20100913081036119>

