

B500 Puckhandle or Pass and Shoot

Key Points:

Make hard fakes and shoot while skating and follow the shot.

Description:

1. Nets across from each other and one group facing the other.
2. First player from each line face each other then make a fake and skate in for a shot.
3. Option is to exchange pucks then skate in for a shot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090803190608404>

