

B2 - Slapshot and One Timer Circuit

Key Points:

Work on the slapshot progress from static to dynamic to pressure. Transfer the weight from back to front, follow through at the target and follow the shot for a rebound.

Description:

1. Standing individual slap shot.
2. Skate, slapshot, rebound, shoot, pass.
3. Skate, slap, rebound, one touch x 2, leave.
4. One timer x 4 - rotate.
5. Skate, pass low, pass, one timer.
6. 1-1 defend, pass, rest game with goals only on slapshots.

