

B3 - One Timer-5 Spots - Czech U20

Key Points:

Take one timers from the off-wing. Practice taking them standing still and then add skate and pass then skate backwards and shoot off the pass. Follow through at the net with both the stick blade and the outside knee.

Description:

1. Six players face each other on their off-wing side.
2. Two sets across from each other and one player shoot from the mid-point.
3. Take 4 shots and then switch and be the passer.
4. There can be more than one player shoot from the point.

* If there is a goalie then take turns, if no goalie shoot randomly at the open net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160315094853117>

<https://www.youtube.com/watch?v=GulK1WEaWdk>

