

B2 - D Shoot and Pass – Pro

Key Points:

Shoot with the head up. Use a wrist shot, follow the shot, hit the net, pick up the new puck and make a deceptive move before passing.

Description:

1. One skate in and shoot.
2. Follow the shot.
3. Coach spot a new puck.
4. Pick up the new puck and pass to 2.
5. Two repeat.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160413141808878>

https://youtu.be/Gp_aZas6qqk

