

## B202 – Regroup Options x 2 - Shot - U17

### Key Points:

Face the puck at all times and give a target. Follow the shot for a rebound and shoot while skating. Give a target on both the backhand and forehand. Post up but keep skating and presenting a target.

### Descriptions:

1. A leave from diagonal lines and pass to B at the opposite blue line.
2. A post up along the boards facing the puck and get a return pass.
3. Skate toward the original and exchange passes with C.
4. Skate in and shoot then circle back to rebound for the next shooter.
5. Now A skate across and get a pass from E and pass to F.
6. Skate through the middle lane. Shoot then rebound.
7. Add E step out and A read to skate the middle or wide lane.

\* Options: After the shot A could defend 1-1 vs. the next shooter or give and go with the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820113007194>

<https://youtu.be/5Ljt8Dsprl8>

