

B500 Point Shots and One Timers- Finland

Key Points:

Skate forward to the middle then slide sideways and shoot. Look up to see the target, shot blockers and team mates in front.

On one timers follow through at the target. Increase the speed of the passes.

Description:

1. Player pick up a puck and skate between the dots. Pivot so you are facing the net and shoot.
2. Partner pass and shoot 5 one timers then switch.
3. Partners skate to the blueline and give and go finishing with a one timer, then pick up a new puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?s=20100410085300172>

https://youtu.be/iTt3_Qq0ea0

