

T1 - Slap Shot and One Timer Shooting Stations - U18 F

Key Points:

Strong bottom hand. Hit the ice behind the puck.

Description:

1. One touch shoot passes on each side from below the goal line.
2. Slap shot with snow behind the puck.
3. Shootout contest, keep shooting until you miss.
4. One time shot x 4. Skate forward exchange passes, backward on one timer.
5. One time forehand shot.
6. Quick shot after a pass from each side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161027103129928>

<https://youtu.be/HAuCw1k-Cg>

