

## T3 - Angle and Skate Through Hands – Pro

### Key Points:

Angle from a little behind at the back outside shoulder, inside leg in front, stick on the puck and skate through the hands, lift the stick and take the puck.

### Description:

1. Player one stands below the hash mark on the boards and get a pass from coach below goal line.
2. Player two skates around players inside the circle and use controlled skating to approach the puck carrier.
3. Player two skate through the hands and take the puck from player one then pass to the coach.
4. Player one now circle and check player three who moves to the boards and gets a pass from the coach.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2016112009432479>

[https://youtu.be/hyNan8h\\_trk](https://youtu.be/hyNan8h_trk)

