

T1- Agility Skate-D Shoot-F Scoring – Pro

Key Points:

Quick feet, face the puck, triple threat position, hit the net, quick shots. Defense keep the feet moving and get the stick back early to shoot. Hit the net. Forwards need loose shoulders so they can rotate without over handling the puck.

Description:

1. Forwards work with coaches at one end and the defensemen at the other end.
2. Defense get a pass and skate around two pylons always facing the net and shoot.
3. Two forwards leave from below the circle to the top of the circle.
4. Coach pass to either forward who passes across for a shot.
5. Both attackers follow the shot for a rebound.
6. Defense skate around the pylons and shoot or shoot from between the pylons.
7. Defense skate backward, get pass, pass to coach and one time the return pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170516103219523>

<https://youtu.be/QpinEBC-myl>

