

T1 - Scoring Stations x 3 – Pro

Key Points:

Protect the puck with the body, quick moves and changes of direction. This requires good skating technique, agility, puck control and shooting skills.

Description:

Puck Protection 1-1, 2-1 in the middle zone.

- Protect the puck vs. a defender and try to score 1-1.
- Start with a 1-1 and then it becomes a 2-1.

Scoring from the low slot at one end.

- Coach pass, fake forehand shot then slide across and shoot forehand.
- Slide backwards around a pylon and take a backhand shot.
- Coach pass then slide the puck under the stick one way then the other way and shoot quickly.
- Coach pass then slide backwards and shoot on the forehand.
- Coach pass, stickhandle and agility skate around and through three obstacles and shoot quickly.

Point shots at the other end.

- Coach pass and D drag and shoot by skating forward then backwards and take a forehand shot.
- Coach pass then D fake to the inside and skate back outside then shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170813112959766>

<https://youtu.be/F7RcnsyqeG4>

