

T1 - Scoring Stations x 3 B - Pro

Key Points:

Protect the puck, get the shot on net past the defender, make the goalie move. Shoot where the goalie is coming from and not where he is going. Shoot high if goalie drops, low if he is up, shoot quickly without extra stickhandling.

Description:

Organization – Two nets on the goal line at one end, one net at the other and one in the middle against the boards.

Station One – going to the net with the puck and screening. Start from the wide lane at the blue line.

- F1 pass inside to F2 who goes wide then hard to the net vs. passive resistance from F1.
- F1 pass from the corner to the coach then screen while the coach shoots.
- F1 get a pass in the corner, protect the puck skating up the boards, cut back and go to the net.

Station Two – coaches pass to players who make quick moves in the low slot to get the shot past the defender. Forehand, backhand, forehand to backhand and backhand to forehand.

Station Three – a low 1-1 and pass to a Joker who can pass or shoot from the point.

- F1-D1 vs. D2.
- D1 pass to F1 while D2 defends.
- D1 can pass or shoot but not skate in.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170815100601558>
<https://youtu.be/2FvaaJRRcj4>

