

T1 - Agility-Point Shot - F One Touch Shots – Pro

Key Points:

Forwards give a target and don't handle the puck but pass or shoot right away. Square up to the puck if shooting on the off wing for a one timer.

Description:

1. D1 skate forward, backward with a puck, across past two pylons, stop and skate forward then shoot between the pylons.
2. F1-F2 on each side skate from the bottom to the top of the circle, and coach pass to either F1-F2 who passes across and the other F shoot quickly. F1-F2 follow the shot and stop in front for a rebound.
3. D1 skate a figure eight around the pylons, always facing the net and shoot.
4. D1 skate blue line to the top of the circle, skate back to blue with the puck, exchange passes with the coach as he skates past the second pylon and one time shot the return pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170825094041987>

<https://youtu.be/Z5jHokIVovQ>

