

T1 - D-BO Point Shots - F Cut-in – Pro

Key Points:

Defense take one timer shots and quick wrist shots. Forwards cut in around the coach and let the shot go while skating, then follow the shot. The two D practice the various D to D passes, over, reverse, drive the back of the net, etc..

Description:

1. Forwards at one end and defense at the other with coaches.
2. D2 dump puck in, D1 go back for the puck and pass to D2 across to D3 who shoots.
3. D4 dump puck in, D3 go back for a puck and pass to D4 to D2 who shoots.
4. F1 get a pass along the boards from the coach, cut in and shoot; F2 repeat on the other side.
5. D3 dump puck in, D1 go back and pass to D2 who passes to D4 at the point.
6. D4 across to D3 who shoots.
7. D1-D2 skate up to the point.
8. D4 dump puck in, D2 pass to D1, up to D3, across to D4 who shoots.
9. D3-D4 now go back for the puck to make D to D breakouts.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170826102233572>

<https://youtu.be/4ZH8wR--tkA>

