

T1 - D and F Scoring – Pro

Key Points:

Forwards work on cut backs along the side boards and defense work on shots from the point and coming down the wall with the puck. Players screen, tip, rebound and shot pass from in front.

Description:

1. Defensemen work on scoring starting from the point.
 - a. Get a pass then skate inside the dot and shoot.
 - b. One player screen, tip or put in a rebound.
 - c. Fake inside and go back outside and shoot.
 - d. Skate inside then outside, down the boards and shoot.
 - e. Switch sides and repeat the sequence.
 - f. On backhand skate forward inside then turn and shoot.
2. Forwards work on protecting the puck along the boards and going to the net protecting the puck with the body.
 - A. Coach give passive resistance.
 - B. Get the lead shoulder inside of the defender and go to the net protecting the puck with the body.
 - C. Repeat from both sides.
 - D. After each rep screen the goalie at the other end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170907170719865>

<https://youtu.be/ncEjyghalxU>



