

## T1 - D One Timer - F Short Side Pass Out – Pro

### Key Points:

Forwards at one end with a coach and D and some F at the other end with a coach. Scoring on one touch shots and one timer shots.

### Description:

#### Forwards

1. F1 in front one touch shoot a pass from F2 in the corner.
2. F1 get a new puck from F2, skate behind and pass short side to F2 who shoots.
3. F1-F2 make another play with any rebound near the scoring area.
4. F2 go to the front of the net and repeat with F3.
5. Forwards repeat from the other corner.

#### Defense and Forwards One Timers

1. D1 exchange pucks with coach at the mid-point and skate diagonally for a one timer.
2. Coach pass to D2 who passes to D1 for the one timer shot.
3. F1 set up below the dot and one time passes from the coach.
4. D2 repeat and shoot the pass from D3.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160413141139372>

<https://youtu.be/bUvL8sWsGXo>

