

E1 Change on the Go with Pass Shootout – U18 F

Key Points:

Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description:

1. Players are in the box and one puck on each blue line for every player.
 2. Player from each team leaves the box and tries to score.
 3. If they score they race to the box and touch the boards and then the next player can leave.
 4. If they don't score they pass to the next player who comes out of the box.
 5. Losing team do something for every goal they lose by.
- *To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

<https://youtu.be/VRtwyRqRv2I>

