

## T1 - Scoring Stations - U18 F

### Key Points:

Shoot while skating. Hit the net. Use deception to get the shot through.

### Description:

1. Defense skate and get a puck on the boards, skate inside the dot and shoot x 3. Do this on both sides.
2. D1 skate out and pass to D2 at point, then go out to block the shot. D2 make deceptive moves to get the shot on net and miss the blocker.
3. F1 leave from behind the red line at a coach or other player. Skate to the inside and wait for defender to collapse to protect the middle. Skate outside, build a wall with the leg and body and puck on outside. Cut in and shoot.
4. Scissors. F1 skate up the boards with a puck. D1 read F1 is above the hash and shouldn't pass to the point and skate down the wall. F1 leave room for D1 to skate down the boards and pass to D1. D1 go to the net and F1 cycle high for a pass.

