

T1 - Scoring Circuit - U18 F

Key Points:

Shoot while skating and follow the shot. Hit the net. You only need a goalie on the pass off the pads but could put a board or pad to create rebounds. Line up outside the blue line just inside the dots. Square up to shoot one timers. For the pass off the pads the goalie plays without a stick.

Description:

1. Circle the line and shoot from both the middle and wide lanes, switch lanes and return on the outside.
2. Cross and drop (leave) behind the lineup then pass for a one timer if the shooter is on the backhand and a one touch if going to the net on the forehand.
3. Cross and drop and the shooter pass off the pads shooting low at the far side.

**Push ups if they miss the net.*

