

T2 - Cycle-Pass Off Pads-Rim-Pass- Shot - U17

Key Points:

Practice at game speed. Give a target and be ready to shoot. Do from both sides.

Description:

1. Coach demonstration.
2. F1-F2 cycle high.
3. F2 pass off the pads and F1 drive skate for rebound.
4. F1 skate behind and pick up a pass from a coach.
5. F2 mirror F1 movement from mid-slot.

<https://youtu.be/CTJNhKx47RE>

