

T1 – Scoring Passing Circuit – Pro

Key Points:

Move when you get the puck, forward, backward, tight turn, fake and go back.

Description:

1. Practice taking a pass and moving the puck to miss the defender with the shot.
2. Take passes in the neutral zone then skate and return pass.
3. Agility skate around obstacles and shoot.
4. At one end skate around an obstacle protecting the puck and shoot while skating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181001153927770>

<https://youtu.be/6gH2fbeH3fw>

