

T1 - Defense – Pass - Agility and Shoot x 3 – College

Key Points:

Quick feet, tight turns, agility, carry the puck in the triple threat position. Shoot quickly and hit the net.

Description:

1. Players in both corners, no goalie.
2. D1 in both corners exchange passes with D2 while skating backwards to the point.
3. D1 skate between the dots and shoot x 3.
4. D2 in each corner repeat with D3.
5. Repeat 3 times then go to the other corner.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2018110505123771>

https://youtu.be/2PeK8A_v9Uo

