

B4 - 1-0 Outside-Middle Shots- Czech U17 - Pro

Key Points:

Keep the feet moving and shoot. Follow the shot for a rebound.

Description:

- A. 1 leave and exchange the puck twice with 2 while circling wide.
- B. 2 make a third pass to 1.
- C. 1 skate in and shoot from the wide lane.
- D. Repeat but circle inside to outside and shoot from the middle.
- E. After shooting 1 circle back and rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121231222114341>

<https://youtu.be/ztlo-Bz3dfc>

B4 One Touch x 3 Shoot Pro

<https://youtu.be/bowrwxZ5wqQ>

