

B6 - 3 Shots, 3 Zig zags, 3 Shots - College F

Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. One leave and get a pass from two, who leaves and pass from three, leave and a pass from four..
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20091019154513105>

<https://youtu.be/SBxKxjOECyl>

<https://youtu.be/Q4M4K-q7mGs>

