

B2 - Transition Skate Shooting - College F – U16 B

Key Points

Keep 2 hands on the stick and keep the feet moving. Hit the net.

B2 Transition Skate Shooting

1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until the are all gone.

(got this drill watching Tim Bothwell)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722235628950>

<https://youtu.be/uJfXMMQkfNo>

