

B6 Shooting From 3 Lanes - Pro

Key Points:

Make sure the players cross the red line before turning or there will be collisions. Also skate along the red line before turning so the goalie has time for the next shot. Hit the net.

Description:

Players are in all 4 corners of the rink.

1. 3 players from diagonal corners leave on the coaches whistle.
2. Skate along the boards and cross the red line.
3. First player go straight and shoot from the lane. Second player skate parallel to the red line and turn into the centre lane and shoot from just over the blueline. Third player skate to the far lane before turning and taking a shot.
4. Follow the shot and screen or tip from the front of the net.

The pdf will show a progression and this drill is the first step. The important thing is to cross the red line before skating across to the lane you are shooting from. The video shows step three of the progression with shots, passes, zig-zags first.

Pro Team

<https://youtu.be/pc689Y6I5ng>

<https://www.facebook.com/518555930/videos/pcb.741736670069466/10159560881650931>

B6 - 3 Lane Shots x 2 - U18

<https://youtu.be/tC1I8W0iGgI>

