

## B6 - Shot 1-0, 2-0 to 3-0 – Pro

### Key Points:

Skate at top speed, always follow the shot for a rebound, fill the lanes on the 3-0 and make firm flat passes.

### Description:

1. Players line up with pucks along the boards in the neutral zone and in diagonal corners.
2. Player one leave from the neutral zone and take a shot on net.
3. Player two skate out from the corner with a puck and attack the other net 2-0.
4. Player three skate out with a new puck and attack 3-0 with players one and two.
5. When 1-2-3 cross the blue line player four start a new rep and skate from the neutral zone and take a shot.

*\* Middle drive when 3-0.*

*\* One or two defenders could follow the attacks and create situations like 2-1, 3-2.*

*\* This could be a contest between attackers and goalies. i.e. Count how many goals are scored in 8-10' and see if you can do better next time you do it. Another option is the Red versus the Blue and keep score. Option 3 is go 1-0, 2-1, 3-2 (Red D follow Blue F and defend the next rush) Red vs. Blue with the same contest options.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=201505161353324>

<https://youtu.be/45ZT3KqXxxE>

