

## B5 - Shot Block x 3 - U17 and Sweden

### Key Points:

Get into the shooting lane first before closing the gap. Create a large surface by going down on one knee sideways and turn the protective equipment toward the puck.

### Description:

1. Three coaches (or players) spread across the point and have a soft puck or ball.
2. Player starts facing the net at the hash marks.
3. On the signal turn and identify which shooter has the puck.
4. First skate into the shooting lane and then skate out to close the gap.
5. Time it so you drop to one knee sideways just before the shot.
6. Use controlled skating so you can adjust to fake shots or drag and shoot moves.
7. Turn the elbow pad toward the shot and the head sideways to protect yourself when there is no full cage to protect your face.
8. Return to the mid slot and do 3 repetitions.
9. After using this drill to teach technique a good progression is to have a SAG where the Jokers at the point must shoot.

*Blocking Shots Sweden*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318151943862>

<https://www.facebook.com/518555930/videos/pcb.826520921591040/953528542095288>

*Blocking Shots x 3 – U17*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150818104140257>

[https://youtu.be/X\\_YtSSyVVDg](https://youtu.be/X_YtSSyVVDg)

