

T1 - A500 - D Tight Turn and Up – Pro

Key Points:

Crossing the hands on a forehand tight turn is poor technique. Hold the top hand back and bottom hand low on the shaft and come out of the turn in the triple threat position.

Description:

1. Coach passes to the player from the top of the circles.
2. First pass the player does at tight backhand turn and pass to the coach.
3. Second pass turn backhand then skate in and shoot.
4. Rep two turn to the forehand.

** Always follow the shot for a rebound.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150720225413805>

<https://youtu.be/U3KoTbgxQoo>

