

T2 - Walk-in - Shot Pass-High Cycle x 2 - Czech U20

Key Points:

Pass and shoot while skating, keep the stick on the ice as a target. On point shots one player screen, one player shot pass target and one player a one time or tip option.

Description:

1. F1 walk out from the corner and shoot on net.
2. F1 skate to the other corner then cycle high and pass to D1.
3. D1 pass across to D2 while F1 skates down the middle to the net.
4. D2 make a shot pass at F1's stick and he tips the puck on net then rebounds.
5. F1 cycle to the mid slot and get a pass from F2 in the corner and shoot.
6. D1 get a pass from F2 and shoot.
7. F1 screen, F2 get in position for a one timer or tip and F3 go to the net for a shot pass.

** This drill can be done at both ends.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015081822412644>

<https://youtu.be/wPhw8U04uXI>

