

## T1 - Cycle-Pass-Shoot - U20

### Key Points:

Pass and shoot while skating. Shooter face the puck for a pass and square up for a one timer. Shoot without handling the puck, receive in the sweet spot and shoot.

### Description:

1. Players leave from the mid high slot.
2. Coach dump the puck into the corner.
3. Player A get the puck and skate up the boards and bounce pass back to B.
4. A skate around the top of the circle and give a target for a pass.
5. B pass to A who shoots and follows for a rebound.
6. Repeat in the other corner with B cycling to C and B shoot.

\* Option is to cycle toward the back of the net and A kick out for a pass. Pass can be made off the bottom bar of the net into the slot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150818214245188>

<https://youtu.be/WKB709duvV8>

