

B5 - D Alternating Point Shots - Russian U20

Key Points:

Pass and shoot while skating. Give a target and hit the net with the shot. Use lots of fakes and carry the puck in the triple threat position.

Description:

1. D1 pick up and puck and skate inside the dot and pass to D2 who shoots while skating backwards.
2. D2 get a new puck, skate, pass to D1 who shoots while skating backwards.
3. D1 get a new puck skate a pass to D2 who is skating backwards.
4. D2 pass back to D1 who shoots from the mid-point.
5. Repeat - D2 to D1 to D2 who shoots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150914091850785>

<https://youtu.be/-VekY1yZYh0>

