

B2 - Skate and Shoot vs Backchecker Russian U20

Key Points:

Protect the puck and make a hard fake and shoot or else shoot quickly while skating. Follow the shot for a rebound.

Description:

1. Players start from one side at the blue line.
2. The player in front starts with a puck and is chased by the second player.
3. The checker give some resistance tapping either side while chasing.
4. Move the starting point to the middle.
5. Move to the other side.
6. Attacker make moves or take a quick shot.

** Options: fight for any rebound in the slot.*

** Another option is to compete hard from the blue line.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816212107747>

<https://youtu.be/j7DNzRrS1nM>

