

## B Warm-up Circuit F Pass D Shoot Goalie Technique - Czech U20

### Key Points:

Face the puck, hands away from the body, stick blade square to the puck, wind-up early for the one timer, give a target, learn to shoot pucks that are not in the wheel house and hit the net.

### Description:

1. Forwards one touch pass in the neutral zone.
2. Each 3 man line take 10" skating in the middle and the other lines pass from the blue lines.
3. One touch pass to any of the players and always face the puck.
4. Goalies work on technique with the goalie coach at one end.
5. Defensemen work on one timer and quick shots at the other end.
6. Defensemen take 4 one timer or quick shots at a time.
7. D1 skate toward D2, exchange passes and shoot while skating backward.
8. Alternate sides after 4 shots with D3 shooting and D4 passing.

*\*Take quick snap shots when on the wrong side for a one timer.*

*\*Alternate sides on point shots if there is a goalie and shoot from both sides if there isn't a goalie.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151004110338738>

<https://youtu.be/tnbmAz0GTNA>

