

T1 - One Timer x 2 – Pro

Key Points:

Square up for the shot and have the stick back as the pass is being made. Follow through with the whole body to the net and the lead knee pointing to the target.

Description:

1. One leave the line and get a pass from 2 on the off wing and shoot.
2. Two leave after passing and get a pass from three.
3. Continue this rotation and progressively increase the speed of the passes.

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<https://youtu.be/hEsbXGHPncg>

