

A500 - Overspeed Puck Handling with a Shot - Sw

Key Points:

Players should skate and make moves at full speed. If they fall sometimes that shows they are pushing themselves beyond their comfort zone, which is great. Always follow the shot for a rebound.

Description:

1. Players are lined up along the boards with one colour on each side of the red line with a net at each blue line.
2. On whistle the players skate with the puck in the neutral zone.
3. Overspeed tempo with moves and turns at a faster pace than the players usually go.
4. Shoot on one net each on the next whistle.
5. Whistle about every 7".

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506134839311>

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<https://youtu.be/fvlxezaYJfQ>

