

B6 Defense Shooting Sequence – U18 W

Key Points:

Keep the skates outside the blue line and the puck in to avoid skating at the checker. Hit the net. One time the shot in the middle.

Description:

1. A pass to B at the point.
2. B skate inside the dot and shoot.
3. A pass and B skate to boards and shoot.
4. A pass and B one shoot a one timer in slot.
5. A rim to the other side and B pick up the rim and skate inside the dot and shoot.
6. **Alternate Sides**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120430092938253>

<https://youtu.be/577AhH1ig20>

