

B6 Point Shots - College W

Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

Description:

Option One

- a. One pass to two and then screen goalie.
- b. Two drag and shoot.
- c. One go to point for a shot then opposite corner.
- d. Three pass to four then screen goalie.
- e. Four drag and shoot.

Option Two

- f. Two stay at the mid point and get a pass from four and shoot before rotating.

*The video has only the pass and shot with defensemen but with the whole team add the screen and the one timer.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120430093036462>

<https://youtu.be/u4Dk45WNMfs>

