

B6 Sator 3 Shot Warm-up

Key Points:

Skate with Speed and hit the net. Follow the shot for a rebound.

Description:

1. Player one from each side skate down the lane and shoot-rebound-screen.
2. Player two delay then walk into slot and shoot then rebound.
3. Player three skate down the lane and then walk across the blue line inside the dot and shoot.

** A puck exchange cross ice could be added.*

