

## G - B2 - 5 Spot Shooting - College W

### Key Points:

Goalie practice moving from side to side. Shooters must give the goalie time to set up for the next shot for this drill to be effective.

### Description:

#### *Alternate Shooting*

- A. Alternate shooting from one side to the other.
- B. 1 dot, 2 dot, 3 point, 4 point, 5 breakaway

#### *Alternate One Timers*

- A. Alternate shooting one timers with diagonal ice passes.
- B. Finish with a breakaway.
- C. Change to cross ice passes, dot to dot and point to point.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120520224957816>

<https://youtu.be/Bf4kA3F21tI>

