

A6 - Puckhandle and Shot - U22 W

Key Points:

Players should do many moves down the ice and learn to shoot while skating and then follow the shot for a rebound. Work on loosening the shoulders and the ability to handle the puck with big moves all around the body.

Description:

1. Players line up in diagonal corners.
2. Leave and do various puck handling moves down the ice.
3. Next player leave about 3" later so the line up keeps moving.
4. Shoot and follow the shot.
5. Circle back and rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120924101511351>

<https://youtu.be/P-oE2TL8x-E>

