

B2 - One Timers - Pro

Key Points:

Have the stick back early ready to shoot. Keep the stick in contact with the ice and in line with the target for as long as possible.

Description:

1. Player 1 pass to any of players 2-5.
 2. Shooters try to one time the shot.
 3. Shooter must adjust their position to get square to the puck.
 4. Pass with different speeds and also make imperfect passes to force the shooter to adjust.
- HIT THE NET

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109161357768>

<https://youtu.be/gE6DvvierEE>

