

B600 - One Touch x 3 and Shot - Slovakia U20

Key Points:

Face the puck, keeping the hands away from the body and stick square to the puck.

Description:

1. Players are lined up at the blue lines at each end.
2. Player 1 exchange cross ice passes with player 2.
3. After the second pass player 1 skate backward into the neutral zone to receive the third pass.
4. Player 1 attack the net and shoot-rebound.
5. Player 1 either: circle back to rebound for player 2, exchange passes with player 2, screen the goalie for player 2, defend a 1-1 vs. player 2.
6. Player 2 repeat the drill with player 3.

** As in most unopposed shooting drills the shooter can then screen, circle back for the a rebound from the next shooter, give and go with the next shooter or go out and play a 1-1 wither passive or aggressive..*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204090701526>

<https://youtu.be/jbUBuMFhEhY>

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