

B500 One Timers, Shots and Breakaways - Czech U17

Key Points:

Practice individual skills with the thought that someone is checking you. Add dekes, feints and moves before taking a shot or making a pass.

Description:

1. Breakaways from the top of the circle.
2. Point shots with movement.
3. One-timers with fakes before passing.
4. Shots from the slot but skate and make fakes before taking the shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121231223138806>

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https://youtu.be/21zACOoqK_s

