

## B5 - Shots From 3 Lines - with Give and Go U18 F

### Key Points:

*This is a good warm-up drill for goalies and an effective way to practice taking a slap shot at full speed. Make sure you allow enough time between shooters for the goalie to prepare for the next shot.*

Shoot before the top of the circle. Follow the shot a few strides for the good habit and then return to the line on the outside so you don't get hit with a shot.

### Description:

1. Line up in three lanes.
2. Start with 1 pass to 2.
3. Allow 2 to cross the blue line and then 1 leave and get a pass from 3.
4. Wait for 1 to cross the blue line then 3 leave and get a cross ice pass from 4.
5. Repeat 5 to 4, 6 to 5, 7 cross ice to 6.
6. Restart sequence with the first pass 1 to 3.

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<https://youtu.be/GnKecNAdoZo>

<https://www.facebook.com/518555930/videos/pcb.791021738474292/10159748074695931>

