

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>

