

B6 - 1 High 1 x 2 Low Shooting - Pro

Key Points:

Shoot with your feet moving. Go to the other corner when finished. Rebound for the next shooter.

Description:

1. One player leaves from each corner.
2. One high one low on each side.
3. Shoot, follow the shot.
4. Each shooter rebound for the next shooter.

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<https://youtu.be/hzhm55hiiBw>

B6 High-Low-Shot then Agility-Shot - Prospects

<https://youtu.be/4gXbWsbKCno>

B6 High Low Shooting with Pass - U20

https://youtu.be/XnLYkYF_-hQ

