

## B - Individual Skills Post Practice 2 – Detroit

### Key Points:

On backhand receptions, keep the stick blade square to the puck and hands away from the body. Follow through at the target on passes and shots. Play in the triple threat position.

### Description:

- 1 – Figure 8 relay across the neutral zone with a pass at each end.
- 2 – Figure 8 agility skate with one pass.
- 3 – Receiving backhand passes with a partner.
- 4 – One touch shot while skating.
- 5 – Defense agility skate and shoot the forwards take a one timer.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140812093013227>

<https://youtu.be/NhePTZZ3ZtY>

