

B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro

Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description:

1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.
7. Circle left and right so shots come from both in the middle and the outside lanes.

** The first video demo is the Czech National U17 Team and the next two are with pro players.*

Czech U17 National Team

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528>

<https://youtu.be/j0lWhL0ARbw>

Pro Players

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706215731742>

<https://youtu.be/bowrwxZ5wqQ>

Pro Prospects

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706153625664>

