

E1 3-0 and 3-1 One Touch-One Timer - U16 Boy's

Key Points:

Square to the passer and have the stick back and ready. Follow through at the target with the outside knee pointing at the target.

Description:

3-0

1. Shooters form an umbrella and one touch pass and shoot.
2. New puck when the puck goes out of the playing area, goal or frozen puck.
3. Rotate in and positions each new puck.

3-1

Same as the 3-0 but now there is a defender.

**Keep score team vs. team and goalie vs. shooter.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141218155413934>

This is a video link about how goals are scored today using NHL examples.

http://player.theplatform.com/p/TZlbt/MSG-MEDIA-INTERNAL-ONLY/select/Nqth38Y07CYjL_VchqHCyBQav9KEo2Yj

<https://youtu.be/mhkZD49mopA>

