

## B6 Shooting from 3 Lanes - Pro

### Key Points:

Make sure the players cross the red line before turning or there will be collisions. Also skate along the red line before turning so the goalie has time for the next shot. Hit the net.

### Description:

1. 3 players from diagonal corners leave on the coaches whistle.
  2. Skate along the boards and cross the red line.
  3. First player go straight and shoot from the lane. Second player skate parallel to the red line and turn into the centre lane and shoot from just over the blue line. Third player skate to the far lane before turning and taking a shot.
  4. Follow the shot and screen or tip from the front of the net.
- \* In the video the pro's leave one corner at a time. By crossing the red line before turning both corners can leave at once which is good with larger groups where all 4 corners can alternate.*

*\* Another option is to add a pass from the second player who steps out.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150102230515926>

B. Once the players have the routine and aren't crashing into each other add zig-zags between the top of the circles and blue lines. I do 3 reps and require different puck handling skills each time. i.e. 1st time, keep the hands and feet moving all the time. 2nd time only carry the puck using the forehand part of the stick. 3rd time face the far end always skating forward and then transition skate to backward. Other options: only the back hand part of the stick, backward skating, stick to feet, etc.

C. 3 shot, 3 zig zags, 3 passes, 3 shots. 1. Start with 3 players skating from the corner and shooting 2 " apart. 2. each player gets a pass from the opposite corner. 3. Do 3 zigzags between the top of the circle and blue line. 4. Fill the 3 lanes and shoot at the far end and rebound.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20091019154513105>

<https://youtu.be/pc689Y6l5ng>

