

T2 - B5 - F Take Rim-1-0, 2-0 Low BO - Fakes and Shot Pro

Key Points:

Take the rim with the stick while skating. Do tight turns without crossing the hands, come out of the forehand tight turn in the triple threat position. 'Fast feet are happy feet.' F2 support from the middle lower than F1.

Description:

A 1-0: Coach on each side with pucks and players in two lines at the blue line.

1. Coach rim the puck while F1 swings low to pick it up on the boards.
2. F1 skate a tight figure eight at the top of the slot then skate in and shoot.
3. F1 follow the shot for a rebound.
4. F1 should circle back and rebound for the next shooter.
5. Coach 2 rim from the other side and F2 repeat the sequence.

U20 Example

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150818214246984>

B 2-0 Low Breakout:

1. Coach one rim the puck.
2. F1 swing to the boards and pick up the puck.
3. F2 swing below F1 in the middle for a touch back pass.
4. F1-F2 cross before the blue line and attack 2-0 with a max on one pass.

** This low touch back is effective for breaking out versus a pinching defenseman. It is important F1 protect the puck by boxing out the pinching D and touch the puck back to F2.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150731104912364>

<https://youtu.be/exgXbRlznQw>

