

T1 - B2 - D to D and Shot Routine - Russian U20

Key Points:

Practice skating along the line and shoot with one timers or quick shots.

Description:

1. Coaches pass to the D on either side.
2. D pair take 4 shots
3. Start D1 skate inside the dots and pass to D2 who shoots while moving, D2 repeat to D1.
4. D1 next skate inside the dots and pass to D2 who continues skating and pass back to D1 who shoots.
5. Repeat coach-D2-D1-D2 and shoot from the middle.
6. Second sequence is cross and switch sides then a one timer shot.
7. Coach to D1 who skates to the other side and D2 skate behind to switch sides.
8. D1 pass to D2 who shoots from the mid-point if he is on his off-wing.
9. D2 pass back to D1 who shoots from the top of the circle if only D1 can take a one timer shot.

** If there are no coaches to pass then put pucks inside the blue line on both sides.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150818171319102>

<https://youtu.be/JQevc5ijK8E>

