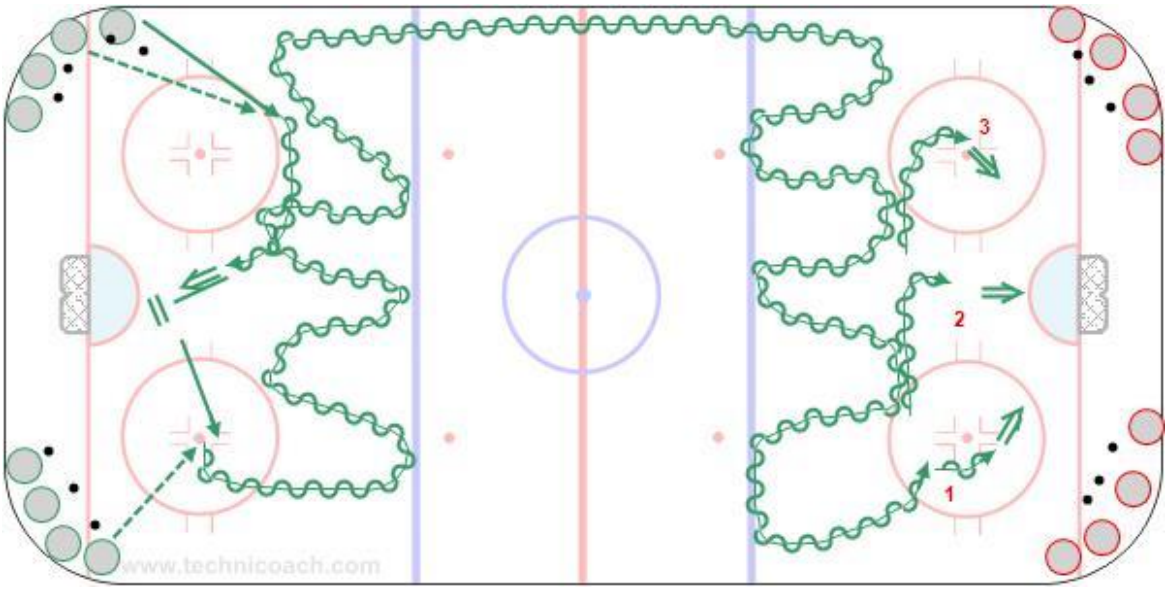
B6 – 3 Shots, 3 Zig-zags, 3 Shots – U17-20 RB – U15 G

Key Points:

3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles at each end then fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig-zagging 3 times such as:
a, carry the puck with the hands and feet moving all the time.
b. carry the puck only using the forehand side of the stick.
c. only use the backhand side of the stick.
d. transition skate facing the far end forward to backward to forward.
e. skate backward.
f. 360 degree turns.

B6 - Double Zig zag - U15 G
https://youtu.be/DGzvB-HRt1s