

E1 - Shootout Contest Below the Goal Line

Key Points:

Players must walk out from below the goal line with power moves. Protect the puck and shoot high on butterfly goalies, to the far post on stand ups or through the legs on either style. Another option on a wrap around is to jam it inside the near post before the goalie gets across the net.

Description:

1. Players line up in each corner. The coach could put a glove or cone to mark where they can walk out.
2. Players carry the puck and either walk out or wrap around to score.
3. Alternate corners.
4. The player gets 30" to score 4 goals.
5. Players who don't score 4 goals must skate down and back.
6. If the goalie allows a certain number of players to score 4 goals then he skates down and back at the end of the contest.
7. Alternative is to go one player at a time from alternate corners and keep score.

E1 - Pass from Behind SO - U20

<https://youtu.be/A4unl5LXjjE>

