

T2 - B5 - F1 Get Puck Pass to F2 x 3 Shoot - Give and Go - F1 Shot - U18 M

Key Points:

F1 use deceptive moves vs a coach and pass three times to F3 near the dot. F1 exchange passes with F3 and take a shot from the high slot.. F1 must protect the puck and use both forehand and boackhand passes.

Description:

Part A

1. F3 shoot puck into the coner 3 times.
2. F1 use decptive moves vs. coach and pass to F3.
3. Repeat pass ing to F3 at dot 3 times.

Part B

1. After 3 reps A1 skate toward the blue line.
2. F1 and F3 exchange passes twice.
3. F1 skate into the middle lane and shoot from the high slot.
4. F2 and F3 repeat alternating corners.

** Options: Have F2 shoot while F3 spot a new puck. Another idea is to have F1 Red pass to F1 Blue who takes a one timer or catch and release shot.*

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<https://youtu.be/4YMUZNRUX4Q>

