

E1 Two Goal Relay Race - U18 F

Key Points:

Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice. Limit of 2 passes before each shot.

Description:

- A. 1 and 2 attack 2-0 on opposite net.
- B. Pass and shoot to score.
- C. Get a new puck from 3 or 4 after scoring.
- D. Score a second goal.
- E. After the second goal race back to the blue line and touch 3 or 4 with stick on shin pad.
- F. Team to score most goals in certain time wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120914084920694>

This is the same race but done across ice instead of the nets on the blue lines. Benefit is that the puck stays in play on wide shots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130111093614490>

<https://youtu.be/Gjn-ecdVnE0>

