

A300 Triple Threat Position

Key Points:

Handle the puck all around the body. Have loose shoulders. Triple threat position means you can carry the puck, pass or shoot when the puck is on the forehand side. Don't over handle the puck.

Description:

1. Create a circuit with obstacles.
2. Carry multiple pucks or balls around the obstacles quietly and under control.
3. Handle the puck on the forehand only in the triple threat position. Make many moves and pivots.

mediagallery/media.php?f=0&sort=0&s=20110729075711399

