

B5 Pass and Shoot Warm-up Russian Women National Team

Key Points:

Face the puck. Shoot while skating. Follow the shot for a rebound. After shooting either screen or circle back and look for a rebound from the next shooter.

Description:

1. One leave then get a pass from two.
2. One go in and shoot-rebound.
3. Two leave and get a pass from three.
4. When all players have shot then go down the other wing.

*Pause one second after passing so the goalie has time to get set for the next shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111214162836291>

