B202 Puck Handling and Shooting-RB Pro

Key Points:

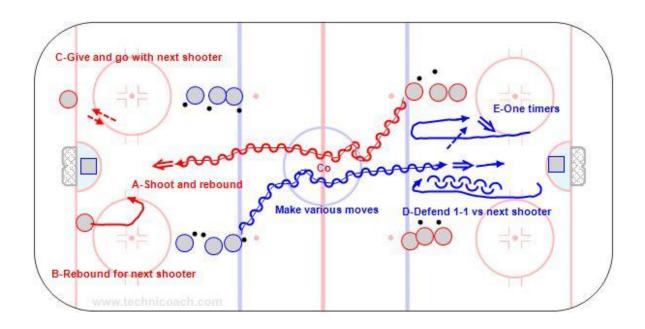
Make hard fakes both ways, fake shots, tight turns. Have quick feet. Cross the blue line and either shoot or pass and shoot. Add variations after shooting.

Description:

- 1. Players line up behind the blueline; coach in the middle.
- 2. On the whistle leave from diagonal lines and make hard fakes around the coach.
- 3. Variations:
- A- Shoot and rebound.
- B-Rebound for the next shooter.
- C-Shoot then give and go with next shooter.
- D-Defend 1-1 vs. the next shooter.
- E-Get in position for a one timer shot.

http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2009082320511162

B202 - Puck Handling and Shooting - RB Pro https://youtu.be/OYSPWZaW4RM



^{*}Add other variations such as a shot pass.