

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 blue line; 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.

**Add other variations such as a shot pass.*

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

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<https://youtu.be/OYSPWZaW4RM>

