

T1-2 - D One Timers - F Rim Touch Back 2-1 – Pro

Key Points:

Box out the pinching D on the rim and share with a touch back to teammate supporting low and slow from the middle. Shoot on the forehand on the one timer shooting drill.

Description:

A. Forward touch back rim to low and slow support.

1. Coach Rim to 1.
2. Blue 3 pinch.
3. Red 2 low and slow from the middle.
4. Red 1 touch back to Red 2.
5. Red 1-2 attack 2-1 vs. blue 3.

B. D One Timers

1. RD line up on right and LD on the left.
2. 1 pass across to 2.
3. 1 skate to the other side.
4. 2 pass across to 3.
5. 3 pass to 1 for a one timer shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20190410005956241>

<https://youtu.be/f6oQbADT8p4>

