

B2 D Point Shots - F B600 Give-Go-Shoot - Russian U20

Key Points:

Quick feet and shoot while moving. On the one timer follow through with the stick and front knee pointing to the target.

Description:

B2 Defense Point Shots 1. D1 get puck from along boards, skate inside the dots and shoot.
2. D1 get another puck then pass to D2 for one timer.
3. D2 repeat passing to D3.

B600 Forwards Give-Go-Shoot

1. F1 skate and pass across to F2.
2. F2 pass back to F1 who shoots while skating.
3. F2 repeats from the other side give and go with F3.

*Screening and timing for rebounds can be added.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=78>

https://youtu.be/SO_G8CffB3s

