

B300 Optional Practice Skills – Finnish U20

Key Points:

Players work with the coaches and do skills with good habits. In all of these drills a player could pass instead of a coach.

Description:

1. Players line up behind the blue line and skate into the neutral zone and then flare out towards the boards facing the puck and give a target. The coach passes and the player attack and shoot. Follow the shot for a rebound and then circle back to rebound for the next shooter.
2. Player get a regroup pass from the coach along the boards then shoot-rebound.
3. Coach pass to a player from the side boards to the point and the player take a one timer.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120305093524642>

<https://youtu.be/U80uRGKRobQ>

