

E1 - A6 - Shootout – Russian U20

Key Points:

Goalie play it like a regular shootout and leave from the goal line to get used to coming out and then timing the skating back with the shooters speed. Shooter make the goalie move and 'shoot where he is coming from and not where he is going.' Remember that under the crossbar is always a good shot; as Glen Hall said, "there is no one up there."

Description:

Shootout competition.

The pucks are in the middle and each player gets one shot vs. each goalie with the team that scores the most goals the winner. Players leave from diagonal corners.

In this video of the Russians the losing team had to walk on their knees from the blue to the red line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120323092240208>

<https://youtu.be/12UOnXP37C8>

