

## T1 - Post Practice Individual Skills - U20 M

### Key Points:

Players work on one timers, puck handling moves and goalie technique at the end of practice.

### Description:

1. Coach shoots at goalie.
2. Players take one timer shots.
3. Players work on puck handling move.

T1 - Post Practice Individual Skills - U20 M

[https://youtu.be/LQqP5TV4\\_al](https://youtu.be/LQqP5TV4_al)

