

B2 - Give-Go-Shoot - U18 M

Key Points:

Practice taking the pass and shooting from the triple threat position. Pull in or push put to change the shooting angle.

Description:

1. F1 pass to coach, skate to forehand side.
2. Coach pass to F1
3. F1 shoot quickly.
- 4 Change angle by pull in or push out then release.
5. Repeat with F2-F3, etc.

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<https://youtu.be/MAZxs10eFVI>

