

B2 - D Evasive Skating - F Take Pass - Shot - U17 M

B2 - Coach Pass-Shoot While Skating-Screen - U17 M

Key Points:

F Skate into the middle lane, take a pass from C and shoot while skating. No dusting off the puck.

Description:

1. F1 Skate around pylon into middle.
2. Coach pass.
3. F1 Screen after shooting
4. F2 repeat on other side.
3. F1 skate and shoot with no stickhandle.

B2 - Coach Pass-Shoot While Skating-Screen - U17 M

<https://youtu.be/9dwotiSBv3I>

B2 - D Get Puck-Evasive Skating-Shoot - U17 M

Key Points:

D agility skate forward and backward to the middle of the ice and shoot while skating.

Description:

1. D1 skate and pick up a puck alone boards.
2. Backward skate to blue line.
3. Skate into mid ice and shoot.
4. D2 repeat on other side.

B2 - D Get Puck-Evasive Skating-Shoot - U17 M

<https://youtu.be/YsLIM06diGk>

