

T1 - B5 - Rim FH-BH - Walk out Shot or Pass to F3 - U17 M

Key Points:

Set up stations with forwards at each end and D in the neutral zone.

Description:

A

1. Coach pass to F in corner.
2. F do two cutbacks and attack net-shoot.
3. Coach rim puck. F1 take puck off boards and pass to F2 who shoots.

B

Defense work on hinging options.

C

1. Same sequence as A but add F2 pressure F1 on boards.
2. F1 pass under pressure to F3 who shoots.

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<https://youtu.be/5J6eHARSohE>

