

B6 - Shots Wide and Middle - Pro

Key Points:

Shoot while skating. Hit the net. First player look for rebounds from second shooter. This is a good warm up for the start of practice.

Description:

- #1 leave with a puck and shoot from the wide lane.
- #2 also leave with a puck and give and go with a coach at the far blue line. Shoot from the middle lane.
- Switch corners after 1.5-2 minutes.

*Alternative is for #1 to give and go with the first player in the far corner.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101121083329655>

https://youtu.be/n2Yk_ffxDI

