

B2 - Defense One Timer Shots x 4 – Sw

Key Points:

Shoot while moving, head up, follow through at the target.

Description:

1. Organize the defense into two groups. When one is finished the other starts.
2. #3 pass new pucks to #2.
3. #1 skate toward 2 along the blue line and get a pass from 2.
3. #1 one touch back to 2 who one touches to 1.
4. #1 takes a one timer shot.
5. Repeat 4 times and then 5 pass to 4 x 4 and 4 shoots.

** Rotate 3 to 2, 2 to 1, 1 to 3 while the other group shoots.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528164755275>

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<https://youtu.be/EHPwgBrs-HI>

