

C5 Dump-in 1-1 - Shot - U22 W

Key Points:

Defender protect the puck and use evasive moves to skate it out of the zone. Checker avoid penalties and fight for possession.

Description:

- A. 1 and 2 kneel down inside the pylons.
- B. On whistle get up and skate outside the pylons.
- C. 1 chip the puck in and battle with 2 for possession.
- D. 1 try to score and 2 to carry the puck out of the zone.
- E. When the play is over 3 shoot from the point.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141122091145417>

https://youtu.be/lbFa_CdEaLE

