

B2 1-0 Pivot Circle - Shoot - Kazakstan W

Key Points:

Face the inside while skating around the circle. Keep two hands on the stick. Shoot and follow the shot. Back up at stay at the far post for a rebound.

Description:

1. Player 1 skate around the circle facing the end boards all of the time.
2. Shoot bottom of circle.
3. Follow the shot for a rebound.
4. Stay at the far post and back up for a rebound from the next shooter.
5. Alternate sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120903095712464>

