

A - Shooting and Puck Handling Stations - Youth

Key Points:

Practice the stationary slap shot then slap shot while skating. Work on taking one timers while moving, Pass within the puck handling motion using a wrist pass both forehand and backhand.

Description:

1. Goalies work with the coach at one end.
2. Take stationary slap shots then take turns taking 4 one timers.
3. Review rolling the wrist stickhandling then wrist pass within the motion with no noise.
4. Skate around the line up with a puck and shoot on the empty net from the top of circles.

B - Passing - Receiving Skills - Role 1-2

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7354&topic=7354#7354>

B – Passing Basics – Youth

<https://youtu.be/MxQ2mw0XQ3o>

