

E1 Shoot then Breakaway – Pro

Key Points:

Skaters shoot to score. Hide the shot and use deception. Sell the fake on the breakaway. create a contest where shooters get a point for each goal and the goalie a point for each save.

Description:

1. Skaters play against each other and the goalie and goalie against the skaters.
2. Player 1 shoot from the top of the circles.
3. Player 1 take a second shot skating in on the goalie.
4. Goalie one point for each save.
6. Skaters one point for each goal.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109110727303>

