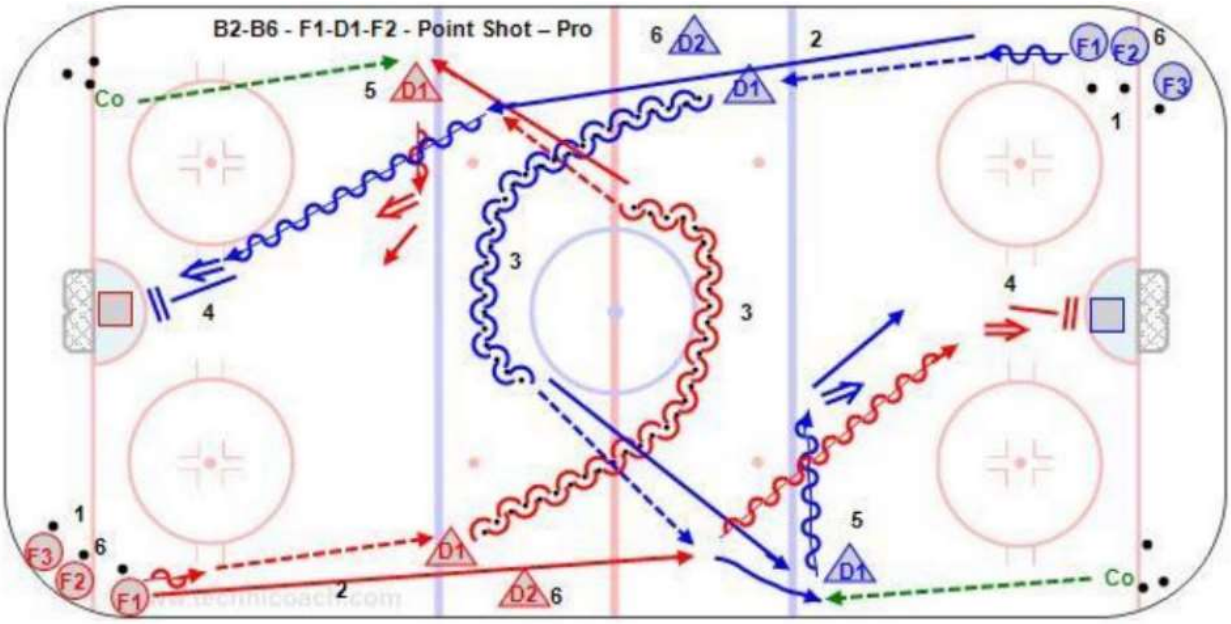
B2-B6 - F1-D1-F2 - Point Shot – Pro

Key Points:

Do everything with speed and good habits. Give a target, firm passes, keep the stick square to the pass, carry the puck in the triple threat position, follow the shot for a rebound with the stick on the ice. Shoot low from the point.

Description:

1. Forwards start in diagonal corners and defense at the point.
2. F1 continue skating down the wing.
3. D1's carry the puck around the circle and pass to the F1 skating down the other wing
4. Both F1's take a shot, look for the rebound then screen the goalie.
5. D1's get a pass from the coach at the point the drag and shoot.
6. Repeat with F2's and D2's.

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151001115750638

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https://youtu.be/UGfRzD6nyvk