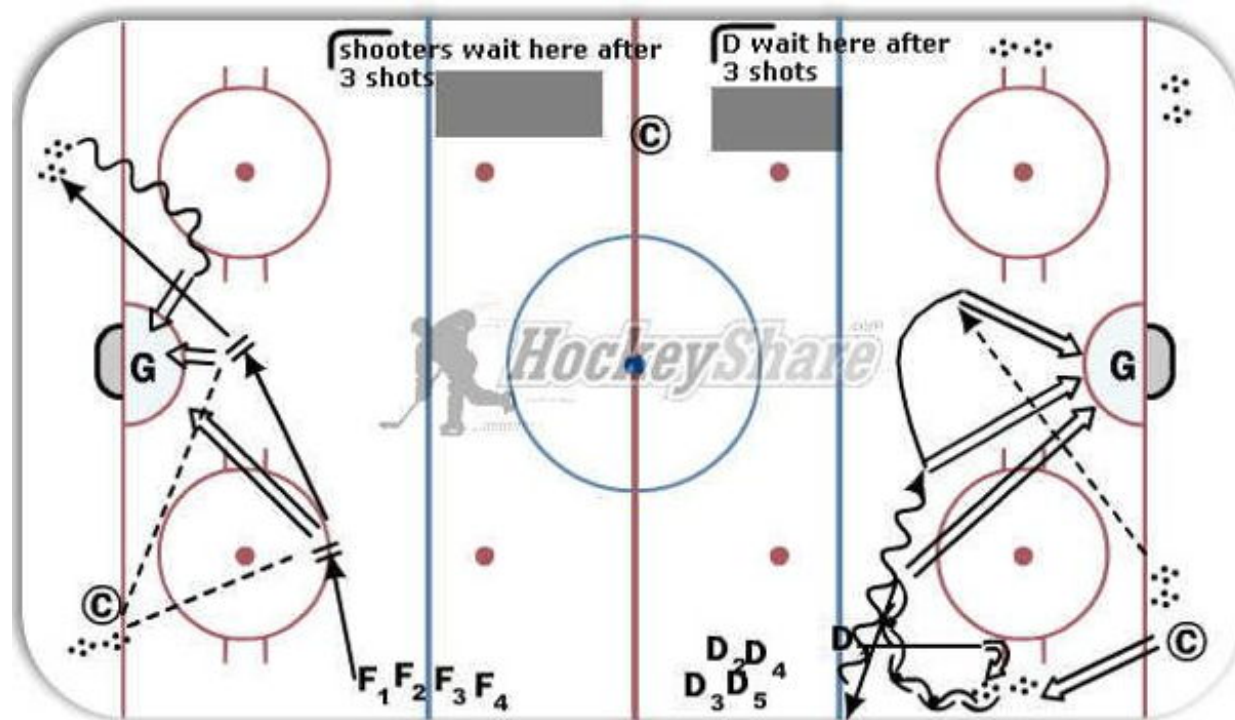


3 Shot Forward and Defenceman.



Description

Forwards skate to top of circle stop, receive pass, and shoot. They then skate to front of net receive pass, and shoot. They then go into corner come out with puck and try score.

Defence skate in pivot to boards and pick up a puck. They skate backwards toward blue line push or drag the puck toward middle of the ice and shoot. After they shoot they hustle back to boards and try keep the puck in. If successful they push or drag the puck toward middle of the ice and shoot. They then skate to opposite side of the ice for a back door one timer or quick shot.

Notes: Pylons may be used for shot locations.

Tags: Eye up. Give Target for pass. shoot quick but maintain power and accuracy.