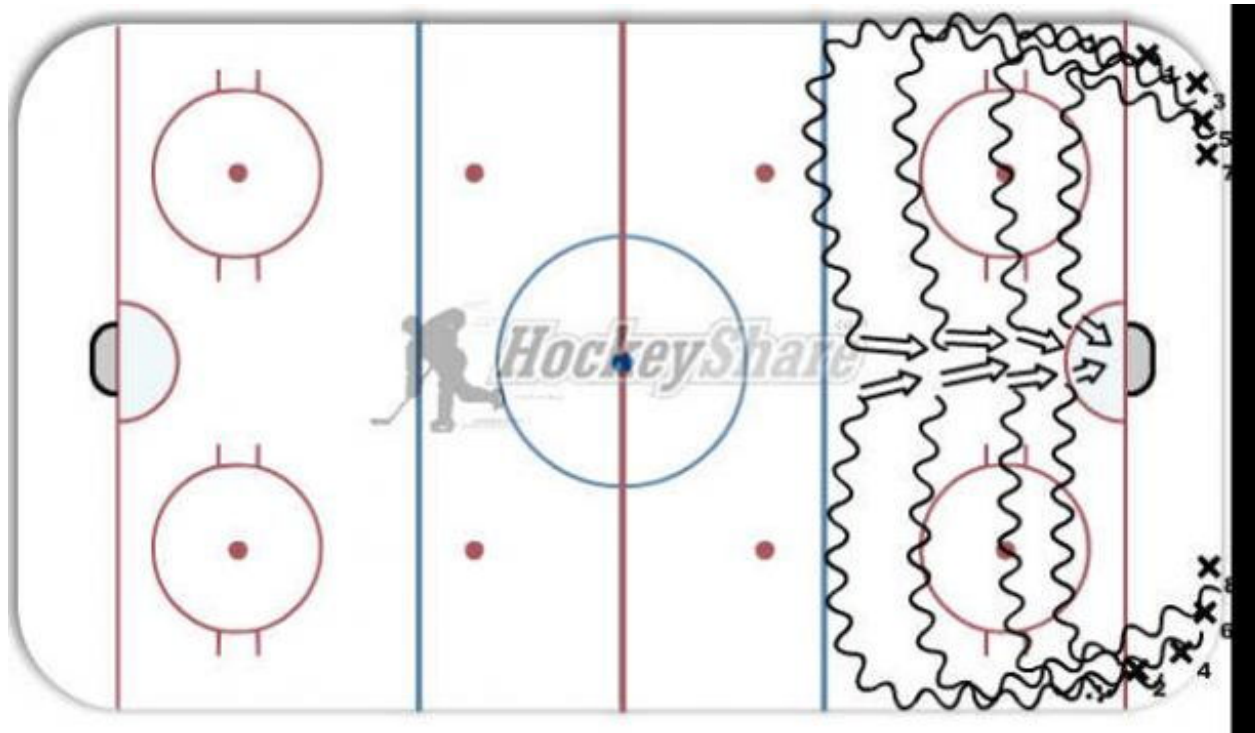


# Spider



## Description

- 1) P1 skates along goal line to top of crease. shoots
- 2) P2 after P1 shoots repeats P1 from opposite side
- 3) P3 leaves after P2 skates to hash marks, cuts straight across to hash mark and shoots
- 4) P4 leaves after P3 shoots and repeats P3
- 5) P5 leaves after P4 shoots, skates up to top of circle, turns down and shoots before inside hash mark
- 6) P6 leaves after P5 Shoots, repeats P5
- 7) P7 Leaves after P6 Shoots Skates up to Blue line and comes down the middle, shoots before inside hash marks
- 8) P8 leaves after P7 shoots, repeats P7
- 9) And start over try to get every skater one chance at each pattern

**Notes:** Flow again is everything. This works the Goalies well, and also helps shooting. I always make players use their backhand shot on low patterns. I have the higher pattern skaters shoot before the hash marks to learn follow your shot routines

**Tags:** Goalie side to side, shooting