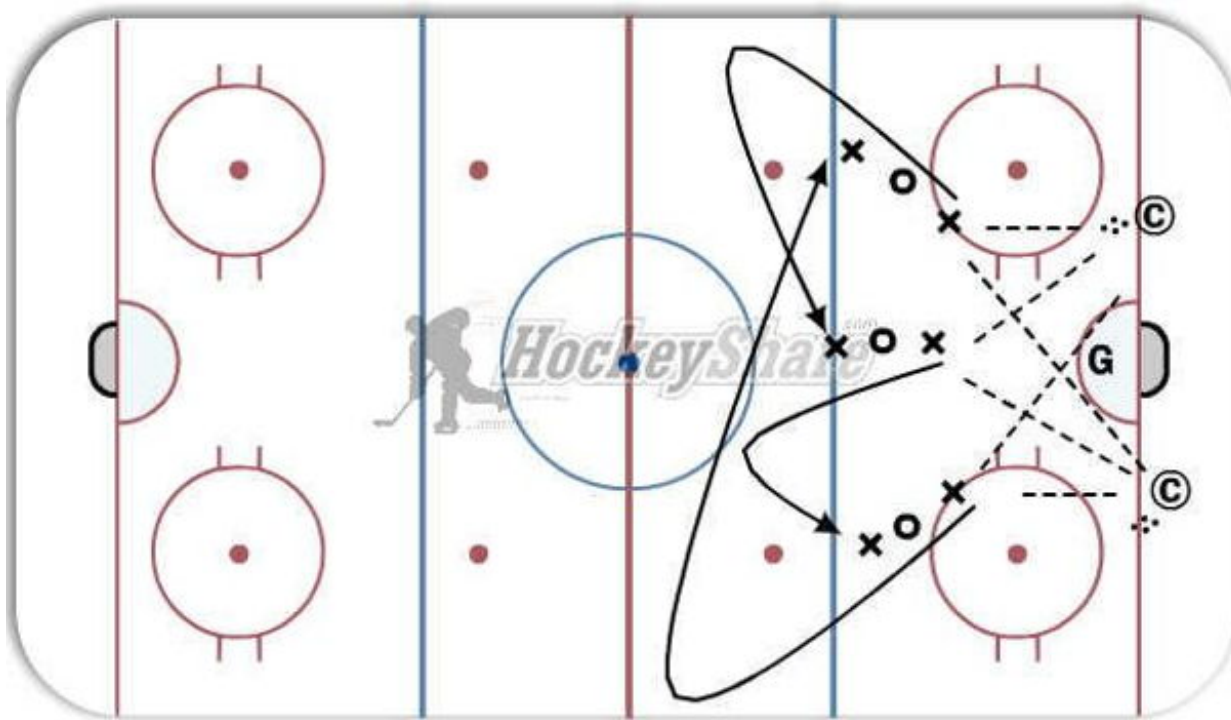


3 spot catch and shoot



Description

Form 3 lines starting about top of the circle.
Two passers (coaches or players) located off to sides of the net and behind goal line
From there variations kick in.
The object is to have a pass from low to slot area, catch and shoot.

Notes: Just keep switching sides and having a pattern where the goalie is reaction to the pass, and the shooters are learning quick catch and shoot habits.

Tags: Catch and shoot, goalie positioning