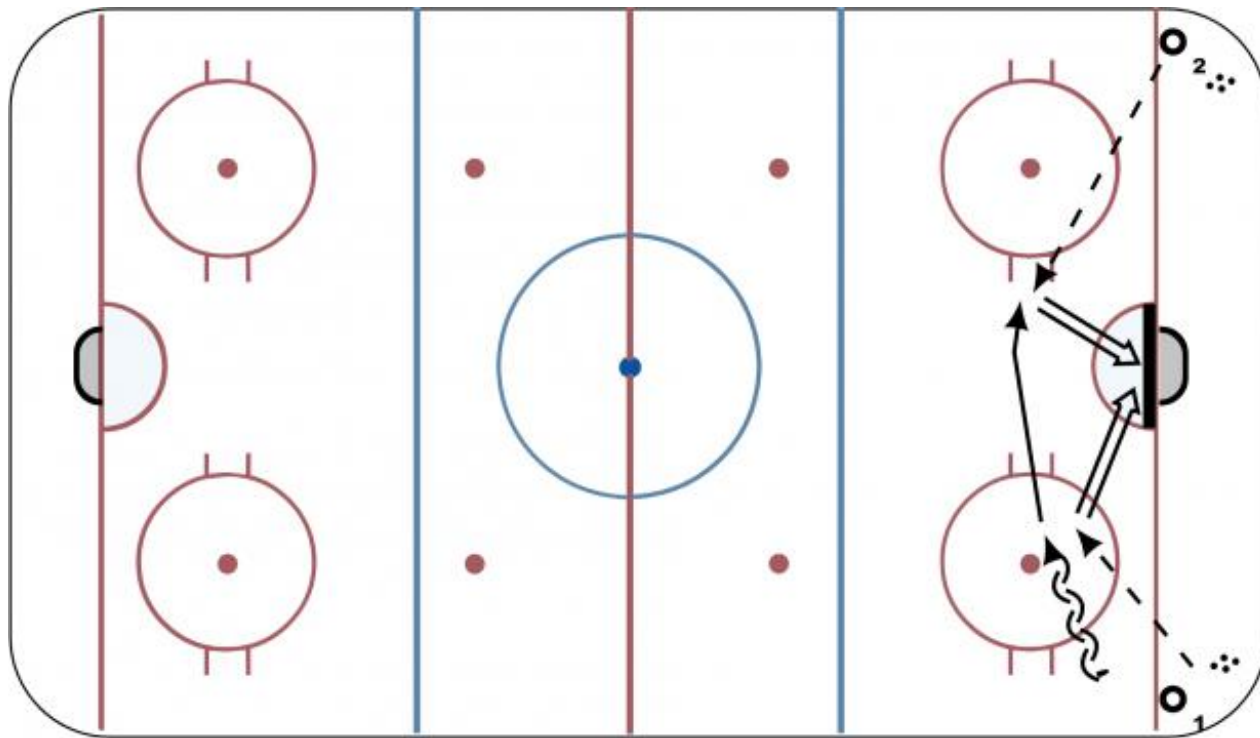


Offense Agility 2-Shot



Description

F1 starts by opening up (turning backwards) to the next player in his/her line. The next player passes F1 a puck. F1 takes a QUICK shot on net, then pivots forward opening to F2 and gets a quick pass, and takes a second QUICK shot on net. F1 should stop in front to play the rebound on the 2nd shot.

Notes: This drill can be done without goaltenders. Use a bench or some obstacle that takes up the bottom portion of the net and forces players to raise their shot up in close range.

Tags: -Quick Shot Release, -Close-Range Shooting, -Agility, -Quick Corner Passes