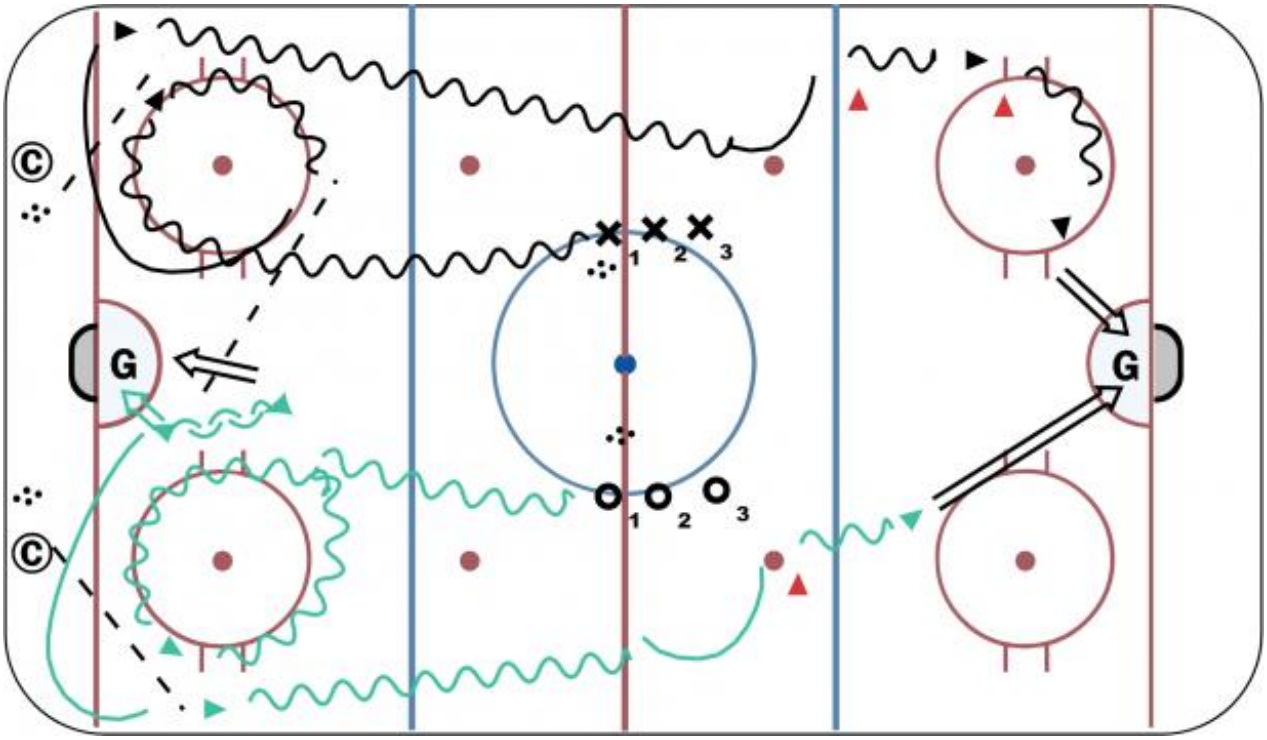
One-Timer #1



Description

O line to be right handed shots - skate in 1st with the puck cirling around the face off area then take a shot from the hash mark area. Once the player shoots they then pivot and get in the one timer area on the same side and face the other circle.

X line is left handed shots and they stagger their start to time the play as they circle around the top of the face off area they zing a pass over to the Rightie shooter for a one timer. Both players the circle deep into the corners looking for an outlet pass from the coach. RH line goes straight to the net for a shot and the LH line goes down the boards to cut around a pylon and come across the crease for a shot. place Pylons at the far Blueline so the Rh shooter fakes wide deke to the middle. LH shooter fakes to the middle and dekes wide.

To run half ice just cut out the ending having players receive the pass from the coach and going to end of line.

Switch side half way though so both side get the One timer

Tags: -edges, -one-timers, -passing