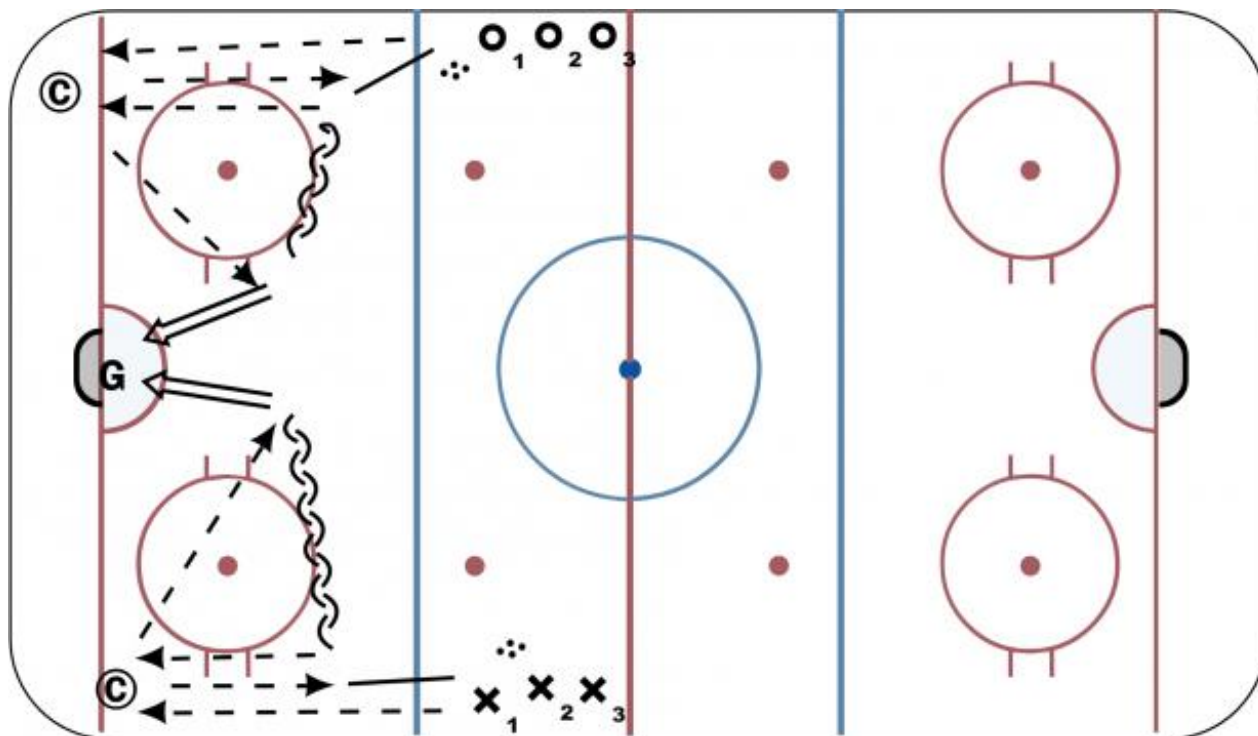


## One-Timer #3



### Description

O line - Right handed shot start by passing the puck to the C and skate in past BL then receive pass back give a quick pass back to C and pivot skating backwards waiting for a one time pass from coach let er rip. For one time passes stay with kness bent hands out in front with blade back by leg keeping the skick low to the ground and explode into puck.

X line = same thing from other side

**Tags:** -passing, -receiving, -one-timers