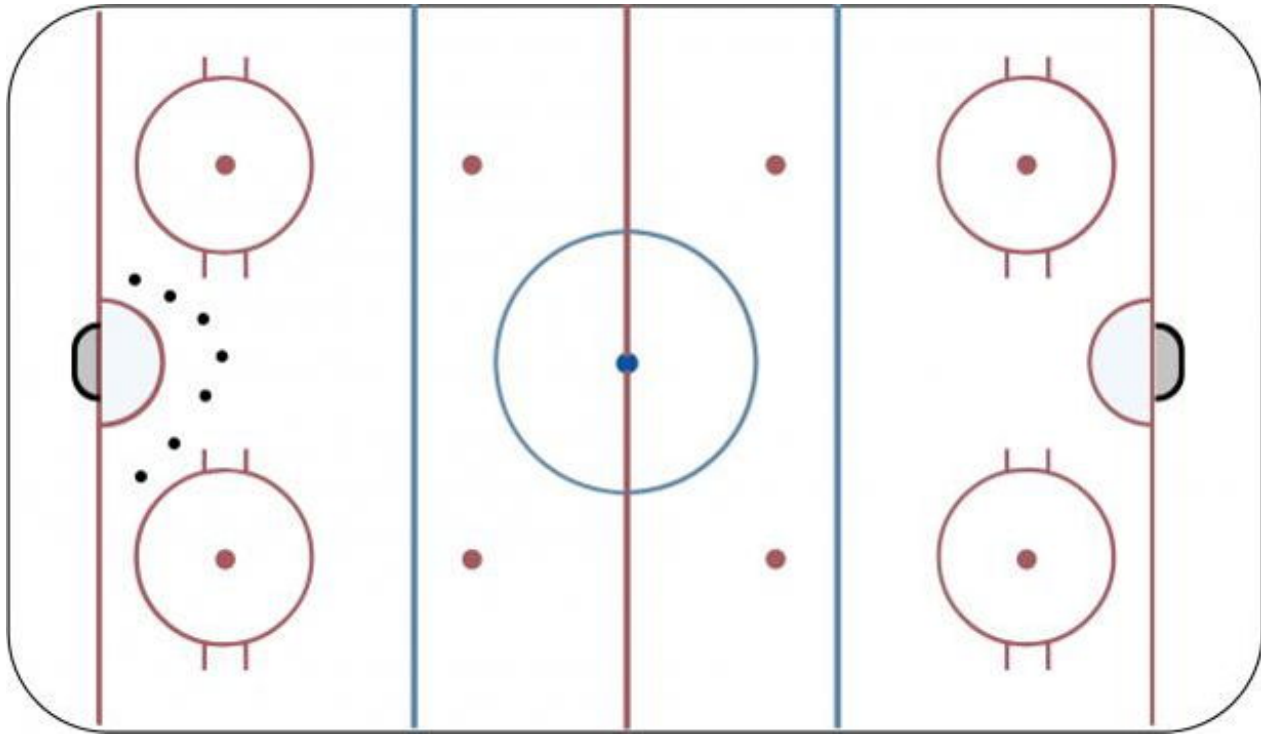


Top Shelf Shooting



Description

Line several pucks around the top of the crease. Players rapidly fire pucks high into the net.

Notes: As players advance, coaches can use training tools to block the lower portion of the net.

Tags: -Shooting, -Shelving the Puck, -Quick Release, -Flip Shots