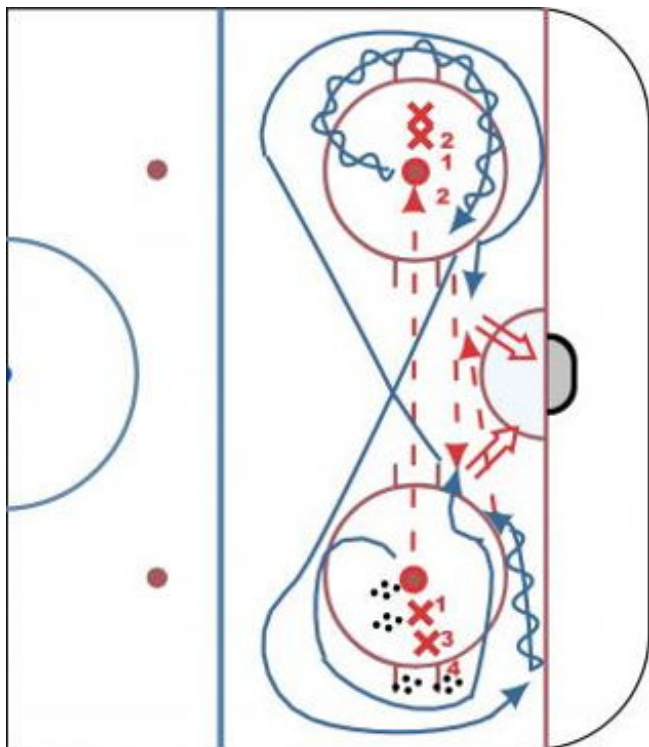


Quick Feet 1-Time



Description

- 1) 1 starts by passing the puck to 2
- 2) 1 peels off and goes around the top of the circle, 2 peels off with the puck and goes around the top of the circle
- 3) 1 gets in position for a back-door 1-timer pass from 2
- 4) both players continue around the top of the opposite circle they started on
- 5) 2 picks up a new puck and makes another back-door 1-time pass to 1

Notes: You can have players skate backward around the tops of the circles to include some transition work as well.

Tags: -Quick feet, -Close proximity passing while moving, -1-timers, -Finishing