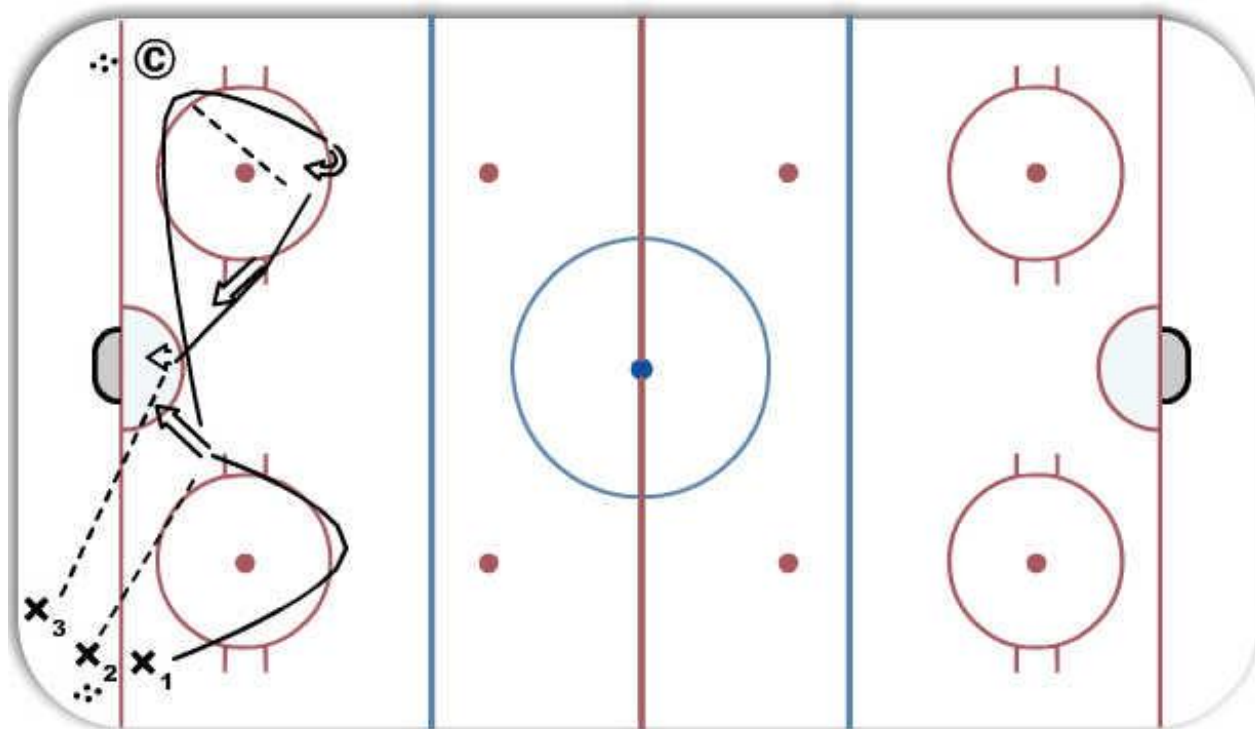


3 Shot Panic



Description

- X1 skates around the circle and gets a pass from X2 for a one-timer
- X1 then skates around far FO circle then pivots to get pass from C before shooting on net
- X1 then follows his shot and gets another pass from X3 for a quick one-timer from the top of the crease

Tags: - Always keep legs moving, - Make sure you are always in shooting position, - Importance of pivot to be on forehand