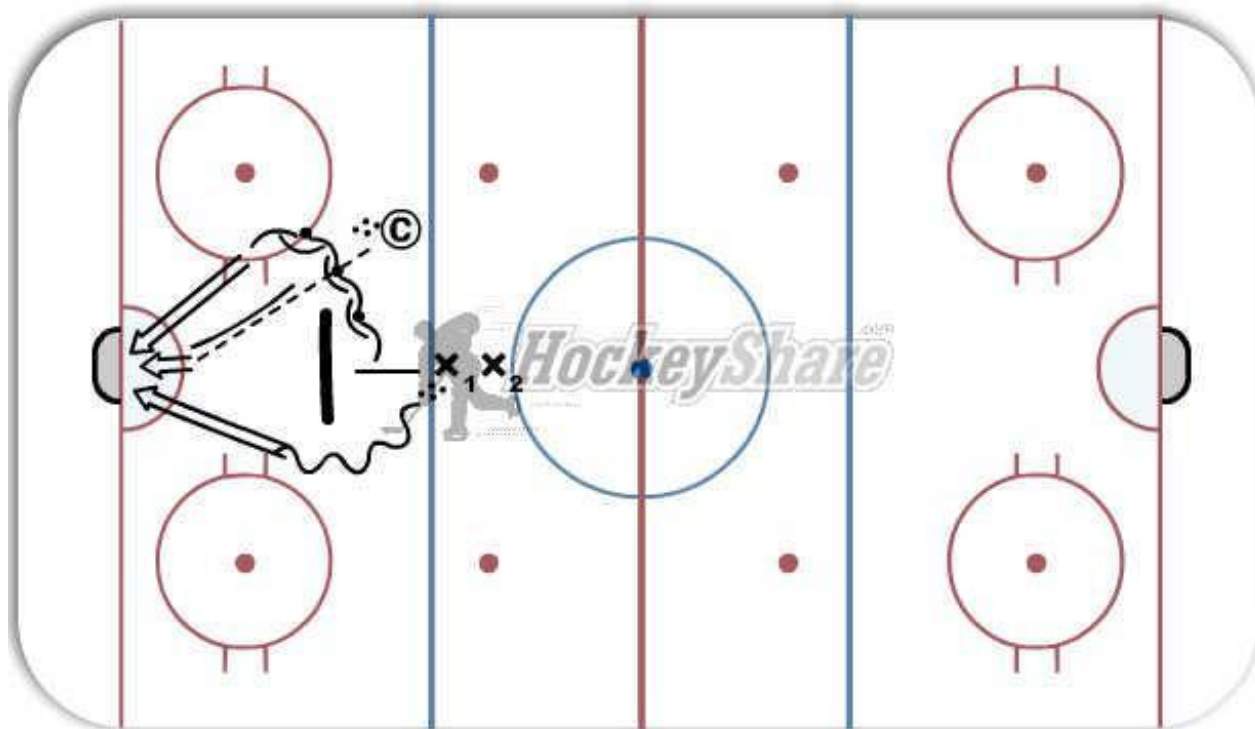


3 Shot drill with Pad



Description

- 1st shot - player moves around pad and takes forehand shot.
- 2nd Shot player digs puck off pad and skates backward past pad for shot.
- 3rd shot player goes to front of net and gets pass that they must turn and shoot.

Tags: Shooting and movement with puck