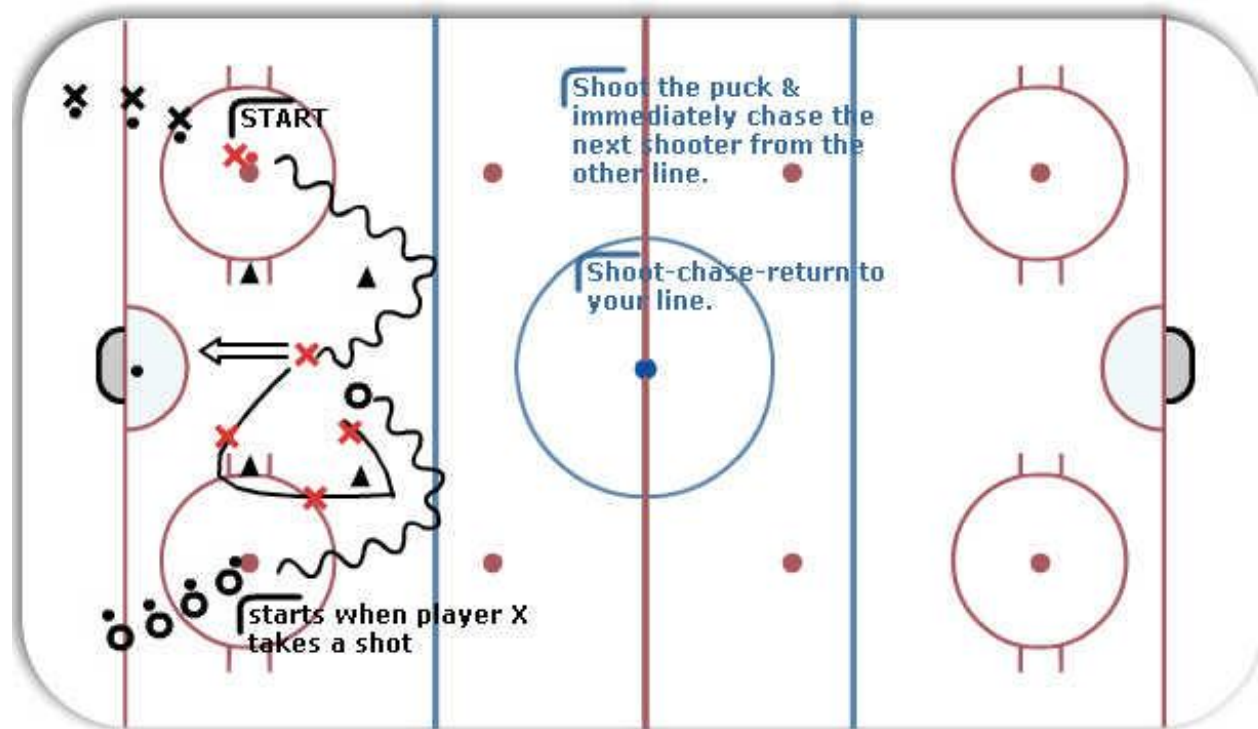


Chase and shoot



Description

The first player in line X skates with the puck around the top cone and takes a shot. (you choose the type). Immediately after the shot is taken the first player in line 2 (O) skates with the puck while the shooter goes around the lower cone and chases the new shooter. X will end up back in their original line. The sequence continues with each sided shooting, chasing and returning to their line.

Notes: Compete to see which line can score 5 goals first. Switch sides each game.

Tags: Quick hard shots, Transition to defense,