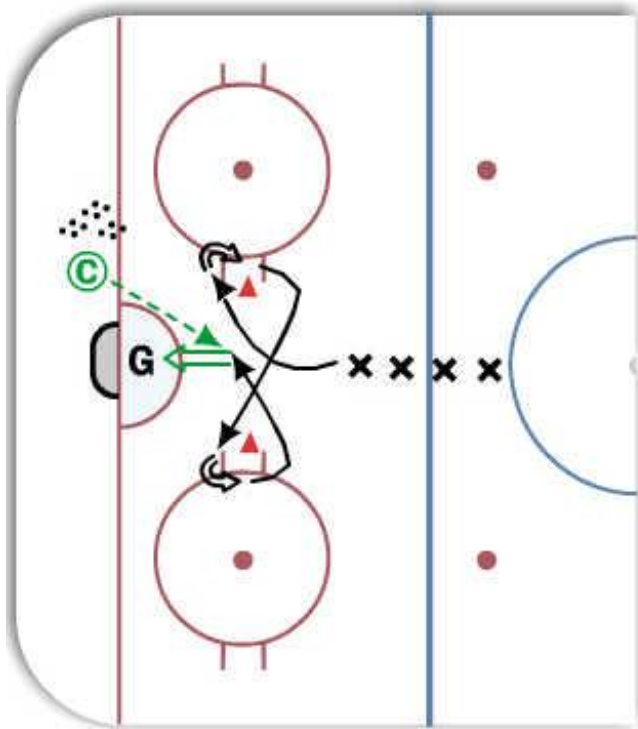


Bow Tie Shooting Drill



Description

- 1.) Player 1 skates forward and receives pass #1 from coach and takes quick one-time shot.
- 2.) After shot, player continues around first cone with frontward to backward pivot move.
- 3.) Player 1 comes around first cone and receives pass #2 from coach and takes quick one-time shot.
- 4.) After shot, player continues around second cone with frontward to backward pivot move.
- 4.) Player 1 comes around second cone and receives pass #3 from coach for last quick one-time shot.

Tags: - High Tempo, - Quick One-Timers, - Pivots