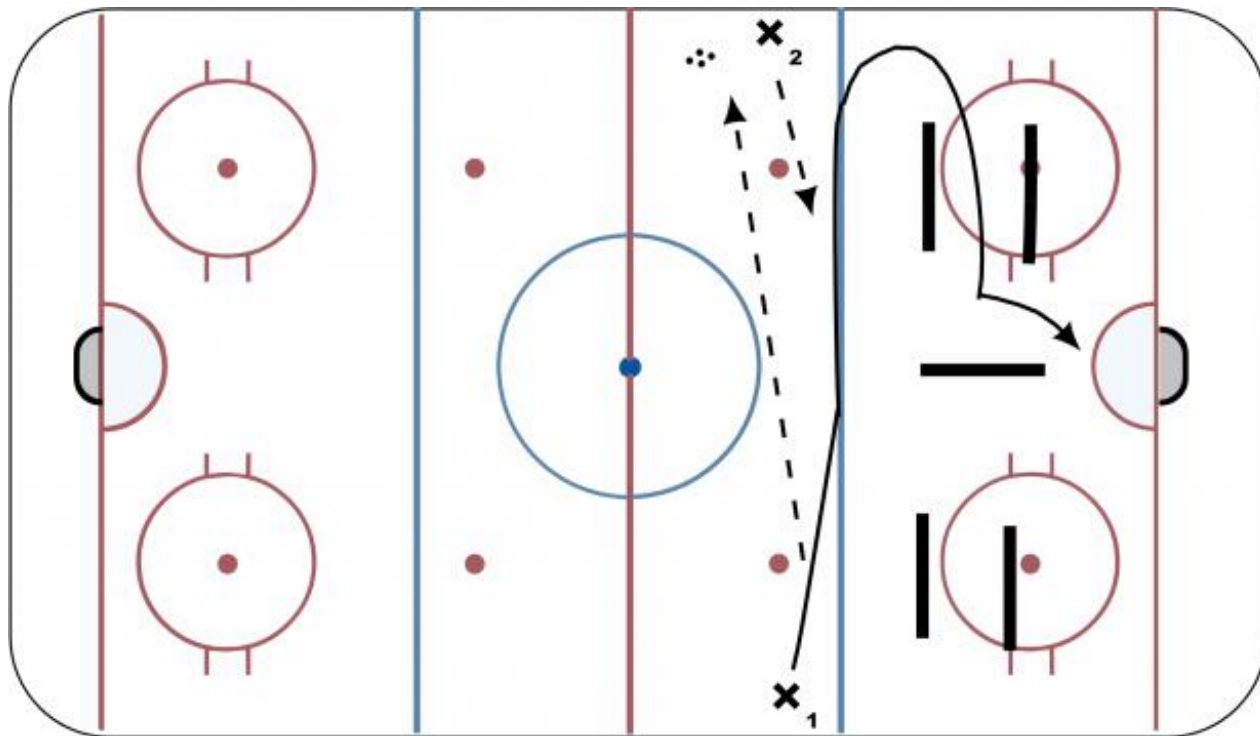


Lateral Shot & Rebound



Description

Player 1 skates across the blue line and performs a give-and-go pass with Player 2. Player 1 drives between the rink dividers and shoots as soon as he clears the lateral pad, then cuts hard to the net avoiding the vertical pad and plays a rebound.

Tags: Feet Moving, Lateral Shooting, Rebounds, Quick Releases, Acceleration to the Net