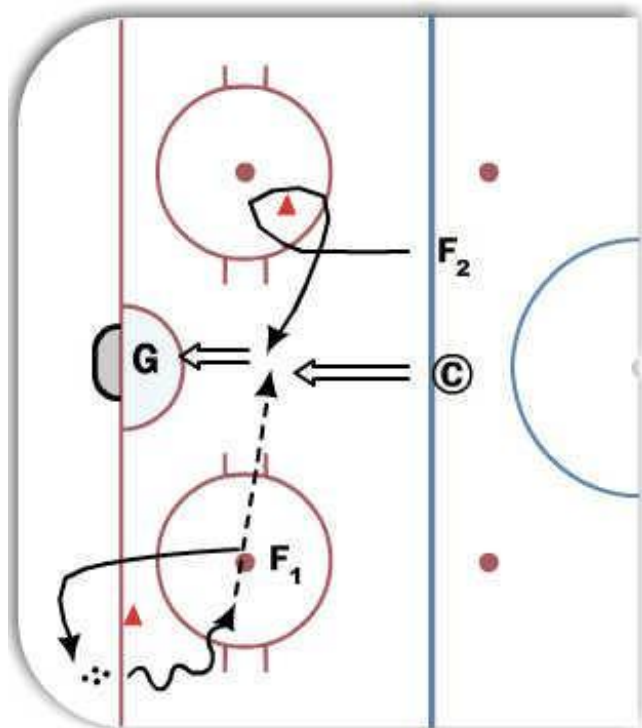


High Slot Shot Timing



Description

X1 cuts around cone, escapes toward the boards, and drives into the high slot. X2 picks up a puck from the corner and skates around the top of the circle. X2 passes to X1. X1 takes a quick shot. X1 and X2 crash the net for a rebound.

After X1 and X2 play the rebound, coach shoots from the point with X1 and X2 looking for tips and rebounds.

Tags: Timing, High Slot Shots, Shooting in Stride, Net Crashing