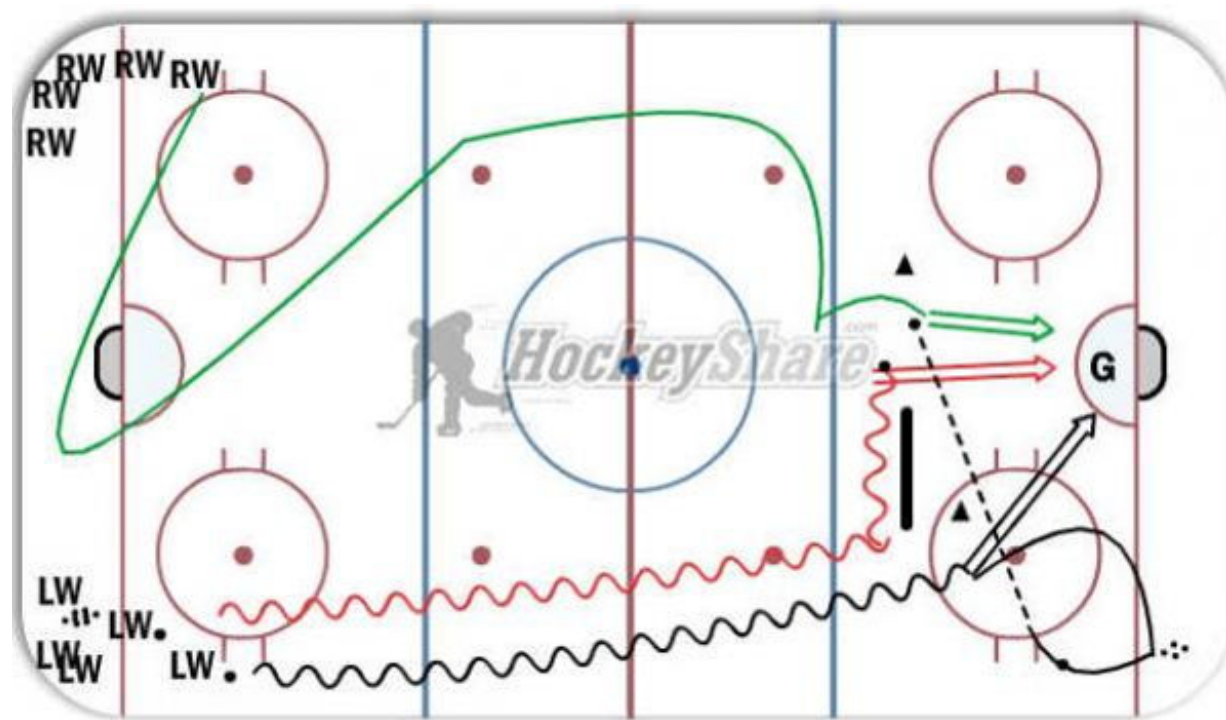


3-Man Shooting Sequence



Description

Split lefties and righties up in opposite corners

First whistle, first lefty takes off down the boards and takes wide angle shot, outside of cone.

Second whistle, next lefty takes off up the ice, when he crosses blue line and hits stick (long object) he makes an inside cut move towards the slot and shoots.

Third whistle, righty takes off around net, then back up his wall, around the dots and up to the blue line, then crosses blue line and opens himself up between his cone and stick for one timer. The first shooter will have picked up a puck in the corner and feeds the last shooter for the one timer.

After enough repetitions, switch to the righties taking 2 shots and the lefty taking the one-timer

Tags: High Speed, Head Up, Hit the Net, Follow Sequence