

G-B2 - 5 Spot Shooting

Key Points:

Goalie practice moving from side to side. Shooters must give the goalie time to set up for the next shot for this drill to be effective.

Description:

Alternate Shooting

A. Alternate shooting from one side to the other.

B. 1 dot, 2 dot, 3 point, 4 point, 5 breakaway

Alternate One Timers

A. Alternate shooting one timers. with diagonal ice passes.

B. Finish with a breakaway.

C. Change to cross ice passes, dot to dot and point to point.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120520224957816>

