

G-B2-Pass-One Time Shot

Key Points:

Give and go with the stick as a target and ready to shoot. Turn the body into the shot as much as possible. The goalie must track the puck. Drill is good for goalie movement and scoring practice.

Description:

1. Start from the top of the circle in two lines.
2. Pass across and skate to the net for a return pass.
3. Shoot a one timer and stop for the rebound.
4. Pass from the other side - repeat.
5. Goalie track the puck across.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120814082215799>

