

C6 1-1 x 3 Point Shot – Pro

Key Points:

Defender close the gap quickly. Stick on the puck, body on body, defensive side, box out in the slot, tie up stick. Attacker protect the puck, make a quick move and go to the net. Screen, tip.

Description:

- A. D1 start with a shot from the mid-point.
- B. Skate toward the corner and defend vs. F1 attacking the high slot.
- C. On whistle D1 defend F2 from the other corner attacking low from the hash.
- D. Next whistle D1 defend vs. F3 at the blue line in the wide lane .
- E. Fourth whistle F3 screen and D1 box out and D2 shoot from the point.
- F. D2 now defends 1-1 vs. F4-F5-F6.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706171355240>

<https://youtu.be/7SJpAGP8HxM>

