

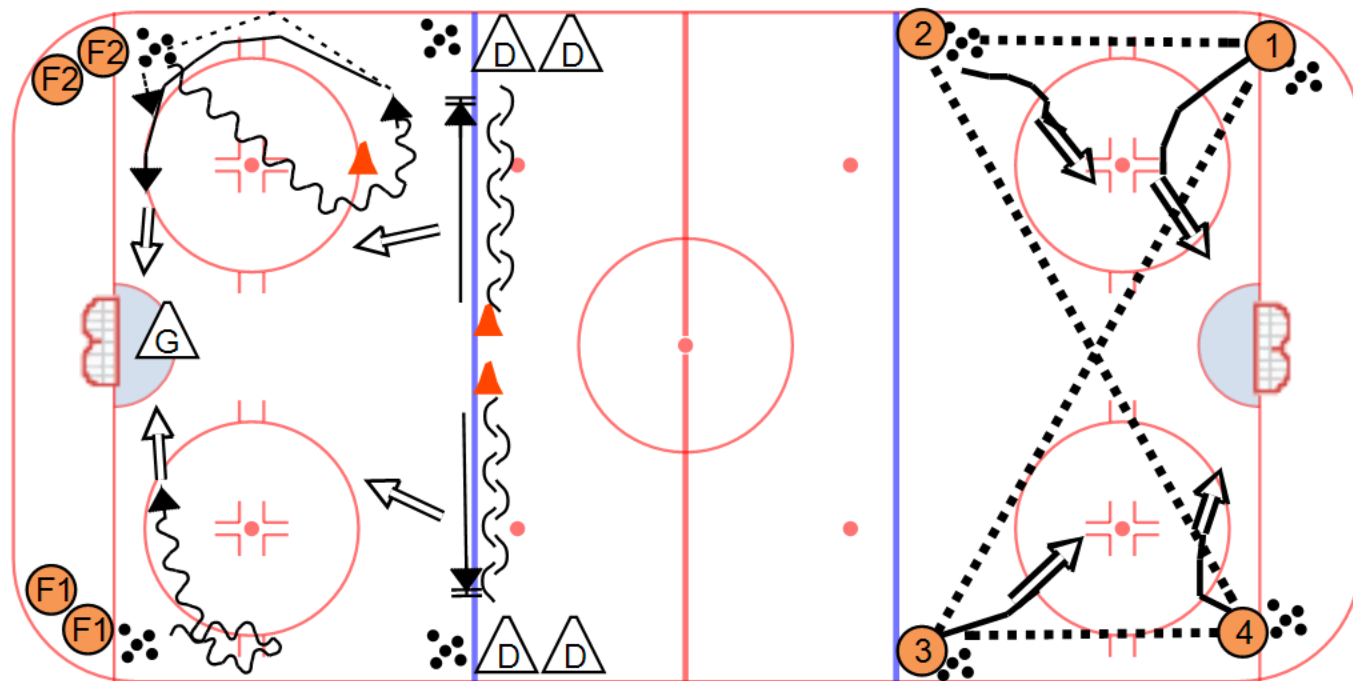
Category #1 :

Title : goal scoring

Category #2 :

Content elements : _____

Components: _____



Key points :

forwards must stay on there sides after shot

d man shoot one at a time

tips screens

Description

Whistle BOTH SIDES

F1 skates to the hash marks turns and attacks the net. Stop by the net

F2 skates around cone and makes bank pass, recieves it back and has option for back door pass or shot.

D1 and D2 are working transition skating while passing to their partner. When the forwards are done and the goalie is set D1 shoot, then D2 shoots. Forwards are to tip and screen.

Forwards switch lines when complete.

Rotate sides with the cone.

Side 2 players are in 4 lines- Line 1 pass player 2 move and shoot-Line 2 pass to line 3 shoot-line 3 pass to line 4 shoot- all players rotate and drill begins again.