

## B3 Three Lane Shots - Swiss U20

### Key Points:

This is a goalie warm up used at the start of practice. Hit the net. Shoot while skating. Follow the shot.

### Description:

1. Players line up behind the blue line on diagonal sides of the ice.
2. Player 1 skate straight and shoot.
3. Player 2 skate to the middle lane and shoot.
4. Player 3 skate to the far lane and shoot.

Shoot from the high slot area, follow the shot and screen for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120106120906429>

<https://youtu.be/ppDNPhKOfnM>

