

B2 - Static Fakes - Give-Go-Give-Shoot – Pro

Key Points:

Use head, shoulder, stick, skate fakes when you get the puck standing still.

Description:

1. Coach or player #1 make hard fakes and pass to 2.
2. #2 make hard fakes each way and return pass.
3. Repeat 1 to 2.
4. After the first or second rep 2 go to the net and for a pass from 1 and shoot.
5. Be creative with the passes. Forehand, backhand, off the boards.

* Key is to always move and make the defender commit to one direction then cut back.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140906101331151>

<https://youtu.be/KaWyYGNBVa4>



