

B2 - One Timers and Crease Shots - U18

Key Points:

Stick back early. Follow through with outside knee at the target. Crease shots quick off the toe on forehand and either chip or two touch puck.

Description:

1. One timers on one net.
2. Move around crease and put backhand and forehand shots under the bar.
3. Shoot pass-outs with quick snap shot.

