B2 - Slapshot and One Timer Circuit

Key Points:

Work on the slapshot progress from static to dynamic to pressure. Transfer the weight from back to front, follow through at the target and follow the shot for a rebound.

Description:

1. Standing individual slap shot.

2. Skate, slapshot, rebound, shoot, pass.

3. Skate, slap, rebound, one touch x 2, leave.

4. One timer x 4 - rotate.

5. Skate, pass low, pass, one timer.

6. 1-1 defend, pass, rest game with goals only on slapshots.