

A200 Agility Skate - Pass - Shoot - U18F

Key Points:

First player skate at full speed with the puck. Pass hard and give a target for the return pass. Hit the net and follow the shot for a rebound. Keep the head up all of the time. Players leave on their own when the player in front crosses the far blue line.

Description:

1. Leave with a puck from diagonal corners.
2. Transition skate hard around the face-off dot back to the blue line and up to the red line.
3. Stop at the red line.
4. Around the bottom of the circle while facing the far end.
5. Pass to 2 on the goal line and get a return pass.
6. Shoot.
7. Follow the shot for a rebound.
8. Skate to the goal line to give and go with the next attacker.

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