G - B6 Four Spot Shooting - Slovakia U20

Key Points:

Shoot while moving and hit the net. Forwards screen and tip after shooting. Goalie must battle to see through the screen and control the rebounds.

Description:

- 1. F1 skate around the top of the circle and shoot rebound screen.
- 2. F2 skate around the top of the circle and shoot rebound screen.
- 3. D1 skate along the blue line inside the dot and shoot.
- 4. D2 skate along the blue line inside the dot and shoot.

Repeat with the next group.

* Option is to have a breakaway from the blue line as a fifth shooter

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204145929547

https://youtu.be/tGp0L4VQDdk

