

## LA Shooting

## Purpose:

- passing and receiving skills
- shooting
- driving the net.

## Description:

- players in two groups on each side of the red line
- 1 skates across the ice and receives a pass from a stationary 2
- 1 accepts the pass and accelerates wide outside the face off dot
- crossover hard cutting to the middle of the rink
- shoot and follow the shot to the net
- 2 begins when 1 crosses the blue line.

## Teaching Points:

- drive skate
- accelerate on the crossovers
- pass to the forehand
- keep the feet moving.

## Progression:

1. player 1 receives the pass, passes back to 2 and receives a second pass from 2.
2. player 1 makes the initial pass to 2.

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