

Categories

SHOT AND A REBOUND 2

Drill Title : NET CRASH CAIOS

SHOOTING

Components : _____

Content elements : _____

Description

PLAYER 1 SKATES BEHIND NET AND THEN ABOVE THE GOAL LINE AND MAKES CROSS CREASE PASS TRYING TO SHOOT FOR A GOAL OR TIP OR REBOUND PLAYERS 2 AND 3 WORK TOGETHER FOR AN OPPORTUNITY

Key Points

