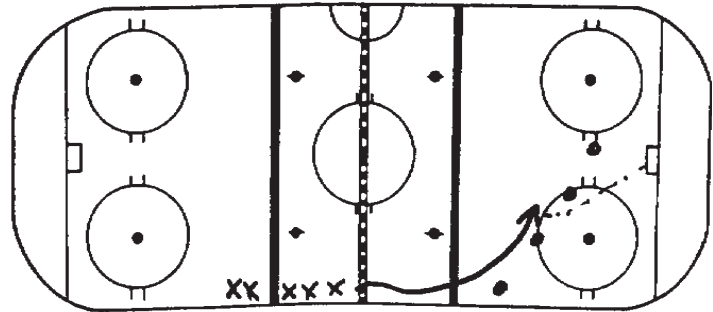


3 SPOT SHOOTING

PURPOSE: Positioning, lateral movements.

SET-UP: A coach will tell the shooter which gap that he will shoot at. The goaltender has to react to the shooter as he moves across the net.



goalies/#1 3spot