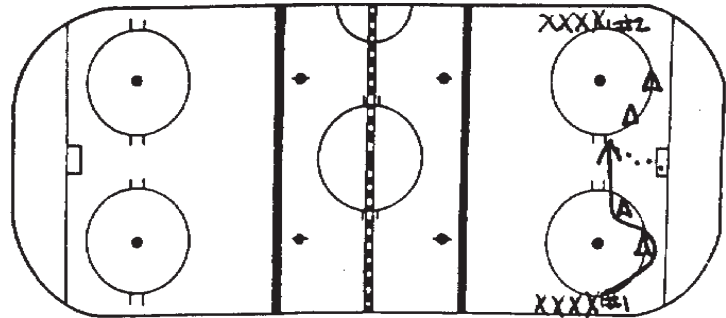


LATERAL CUT WITH A SHOT

PURPOSE: To improve shooting while moving laterally for skaters and side-to-side mobility for goaltenders.

SET-UP: Position a line of players at each set of hash marks with pucks. On the whistle, the first player in line #1 skates down, cuts through the cones, moves laterally across the slot and shoots. The first player in line #2 goes after the goaltender has reset himself.



goalies/#16 lateralcut