

THREE SPOT SHOOTING

PURPOSE: Shooting and scoring skills for forwards and defensemen and positioning and reaction skills for goaltenders.

SET-UP: Set up three lines on one side of the ice as shown. On the coach's command, X walks the line on his forehand and takes a slapshot from the middle of the ice, Y moves to the middle of the ice and shoots (wrist shot or backhand) while keeping feet moving, Z is below the goal line for a walk-out or wrap-around attempt. Make sure that your players allow the goaltender to face the previous shot before beginning their attempt. Switch sides.

