

Title : Figure 8 Shooting & Deflecti

Category #1 :

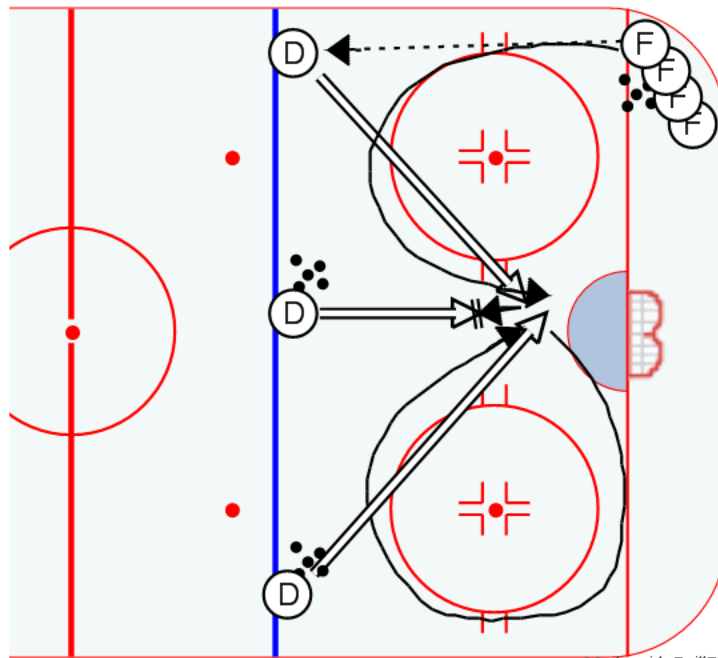
Shooting

Category #2 :

Deflection

Content elements:

Components :



Key Points :

Low, Hard Shots

Deflections

Rebounds

Description

1. Forwards line up in corner with pucks.
2. Three defensemen across the blue line. Two have pucks, one doesn't.
3. First forward passes to the defenseman without a puck then skates around the top of the circle and drives the net.
4. Far defenseman times it and fires a low, hard shot that arrives just as the forward gets to the net.
5. Forward deflects the puck then continues down around the other circle.
6. Forward continues up around the top of the circle then drives the net again.
7. Defenseman who received the initial pass times it and fires a low, hard shot that arrives just as the forward gets to the net.
8. Forward deflects the puck then stops in front of the net to screen the goalie and get ready for the third shot.
9. Middle defenseman fires a low, hard shot. Forward deflects it then drives in any rebound.

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