

Title : Give and Go out of Corner

Category #1 :

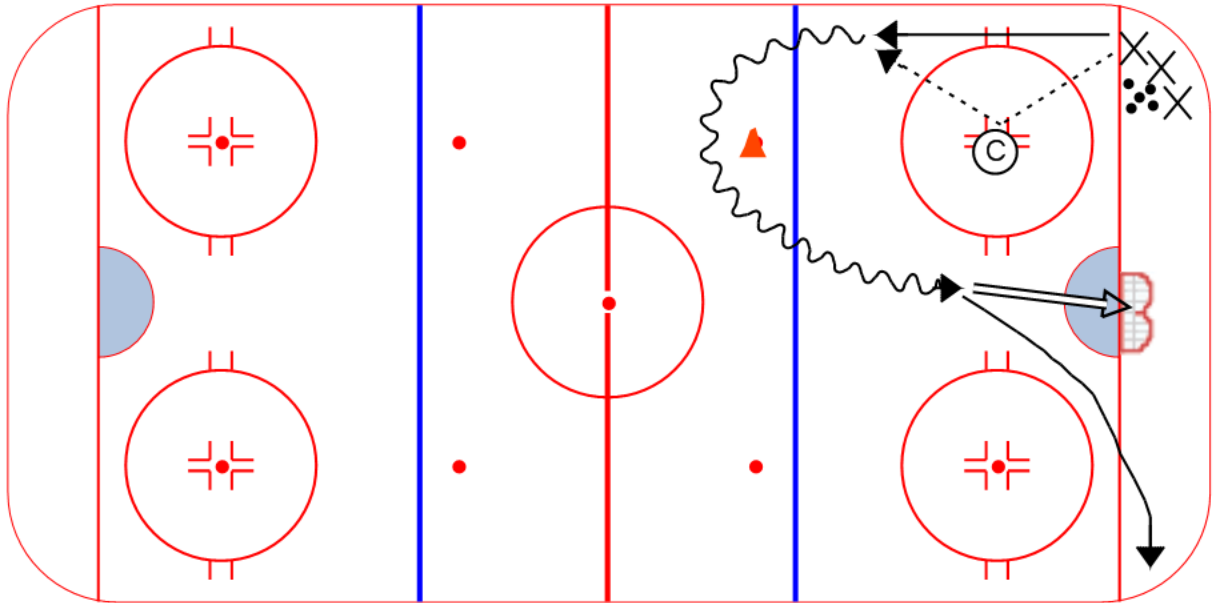
Passing

Category #2 :

Skating

Content elements:

Components :



Key Points :

give and explode!

shoot in stride

stick to stick passes

Description

1. Quick give and go with explosive start out of the corner
2. Skate around the cone and take a shot with your feet moving

More Drills and Skills at <http://weisstechhockey.com/blog>