

Title : High-Low Shooting

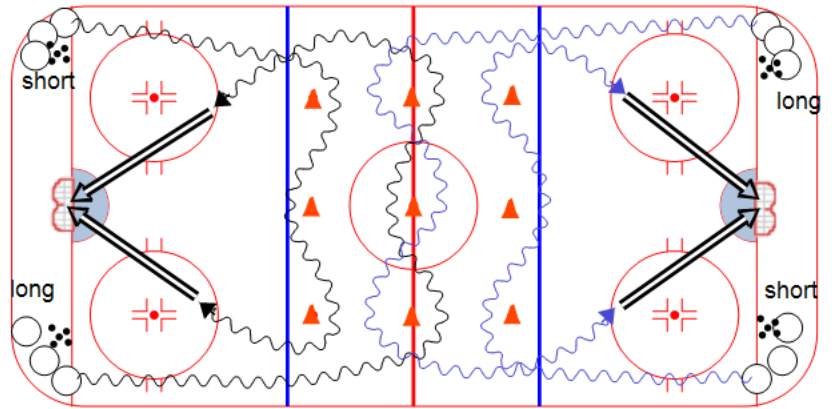
Category #1 : Agility

Category #2 : Shooting

Description

1. Players are divided into 4 corners with pucks.
2. All 4 lines leave at the same time on the whistle.
3. Short lines go to first set of cones.
4. Long lines go to middle set of cones.
5. Players skate full speed through the cones, drive wide, and take a shot while keeping feet moving.
6. Players alternate lines each time.

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Key points :

Keep feet moving

Shoot in Stride

Keep head up in middle