

Title : Figure 8 Shooting & Deflecti

Category #1 :

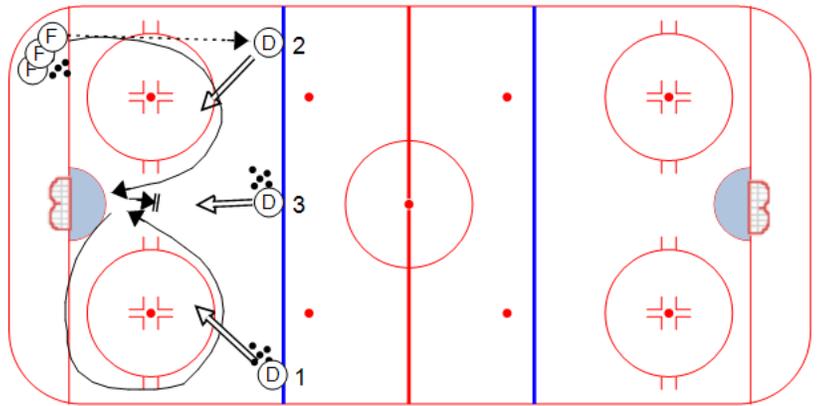
Shooting

Category #2 :

Deflection

**Description**

1. Forwards & Defensemen line up as shown
2. First forward passes to the near defenseman, then skates around the top of the circle and drives the net.
3. Far defenseman fires a low, hard shot for a deflection.
4. Forward deflects the puck then skates around the other circle and drives the net again.
5. Defenseman who received the initial pass fires a low, hard shot for a deflection.
6. Forward deflects the puck then stops in front of the net to screen the goalie and get ready for the third shot.
7. Middle defenseman fires a low, hard shot. Forward deflects it then drives in any rebound.



**Key points :**

Low, Hard Shots

Deflections

Rebounds