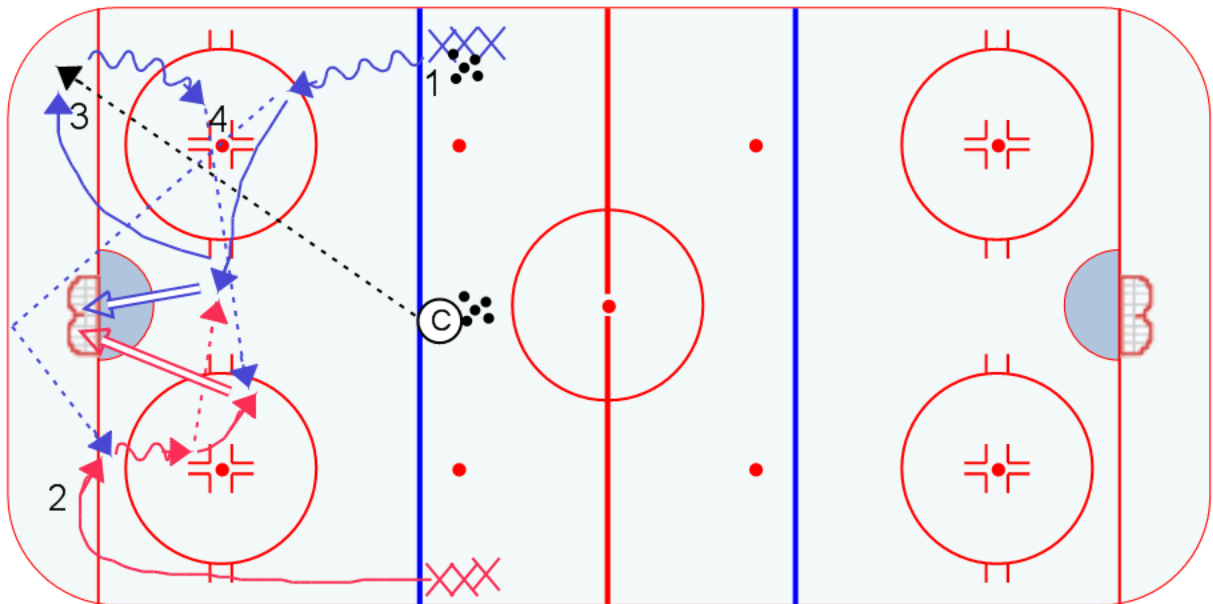


**Title :** Czech 1-timer**Category #1 :** **Category #2 :** **Content elements:** **Components :** **Key Points :**

## Description

1. player 1 walks in and fires a hard bank pass into the quiet zone (area behind the net)
2. player 2 picks it up then hits player 1 for a one-time shot
3. coach fires a puck into the corner as the shot is being taken
4. after shooting, the player 1 peels off into the corner to pick up the dump in, then steps out and hits player 2, who has taken back some ice, for a one-time shot

More Drills and Skills at [www.weisstechhockey.com/blog](http://www.weisstechhockey.com/blog)