Title : Czech 1-timer **Category #1 :** Passing **Category #2 :** Shooting

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

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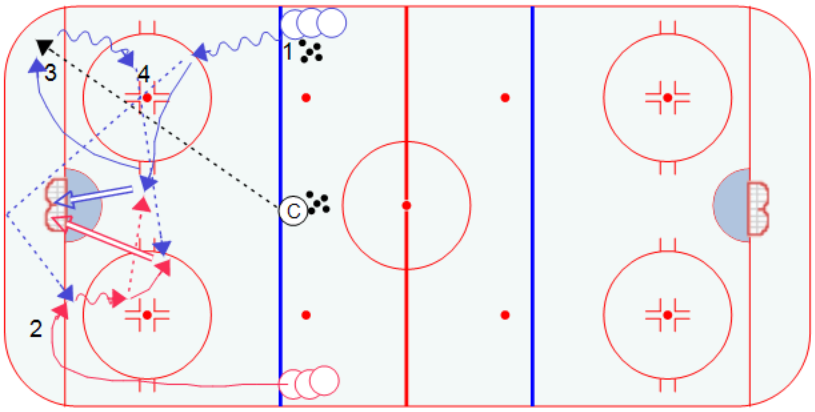

Key points : learn board angles | one-timers | explode to rebounds