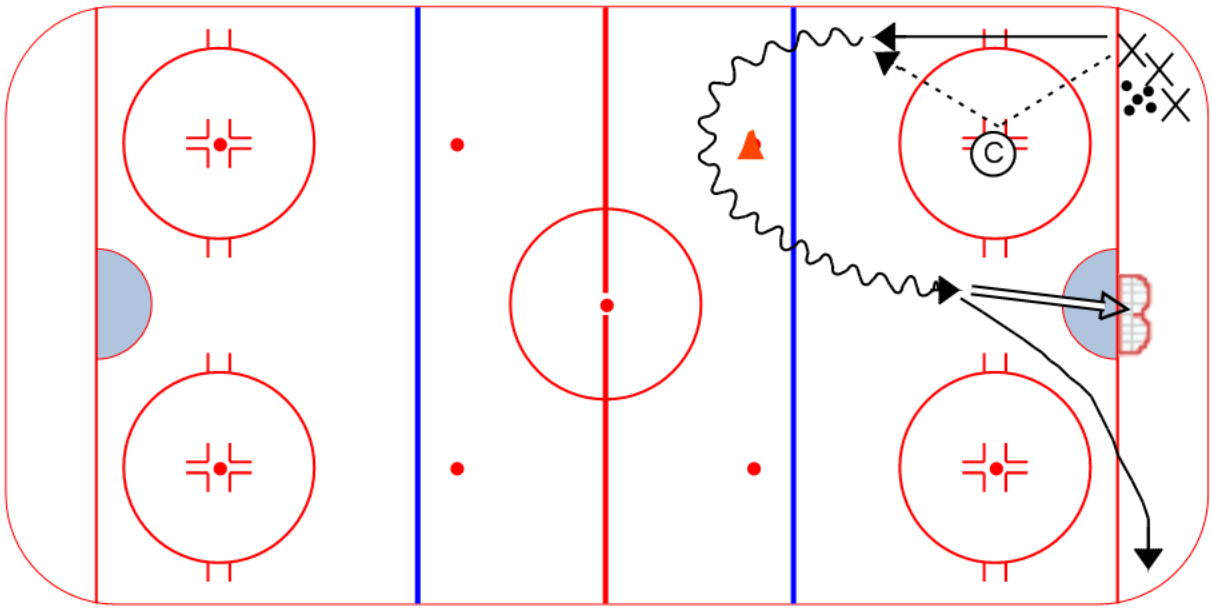
Title : Give and Go out of Corner **Category #1 :** Passing **Category #2 :** Skating

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