

Title : St Johns Shooting

Category #1 :

Coach Nielsen

Category #2 :

NZ Regroup

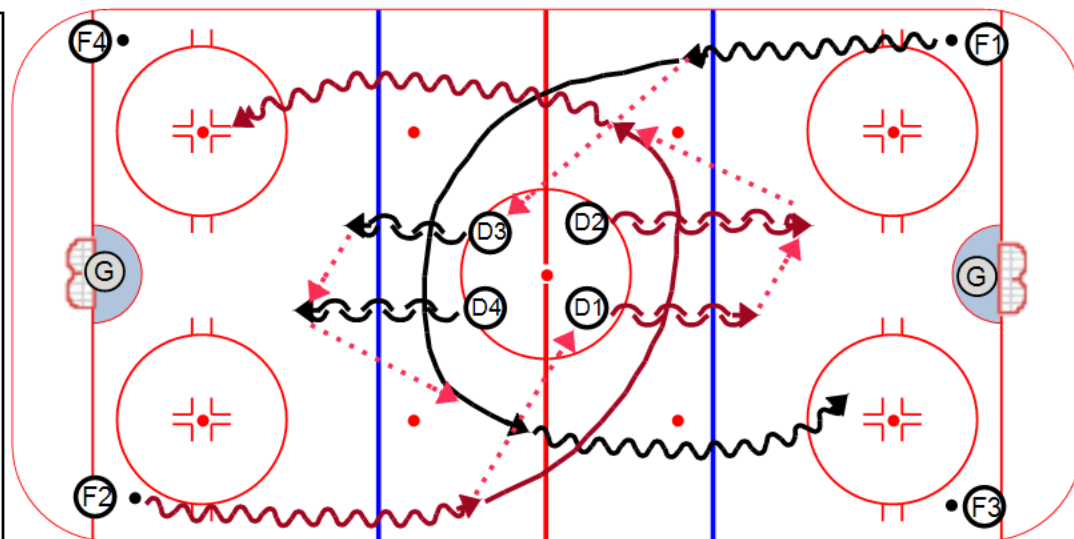
Description

Part I

F1 & F2 start at the same time from opposite ends
D skate backward into proper hinge formation
F1 passes to strong side D (D3)
D2D pass
D passes to F1 coming through the NZ low
F1 goes in for shot

F3 and F4 start next set

D must hustle back to the circle to begin next set.



Key points :

Title : St Johns Shooting (seq 2)

Category #1 :

Coach Nielsen

Category #2 :

NZ Regroup

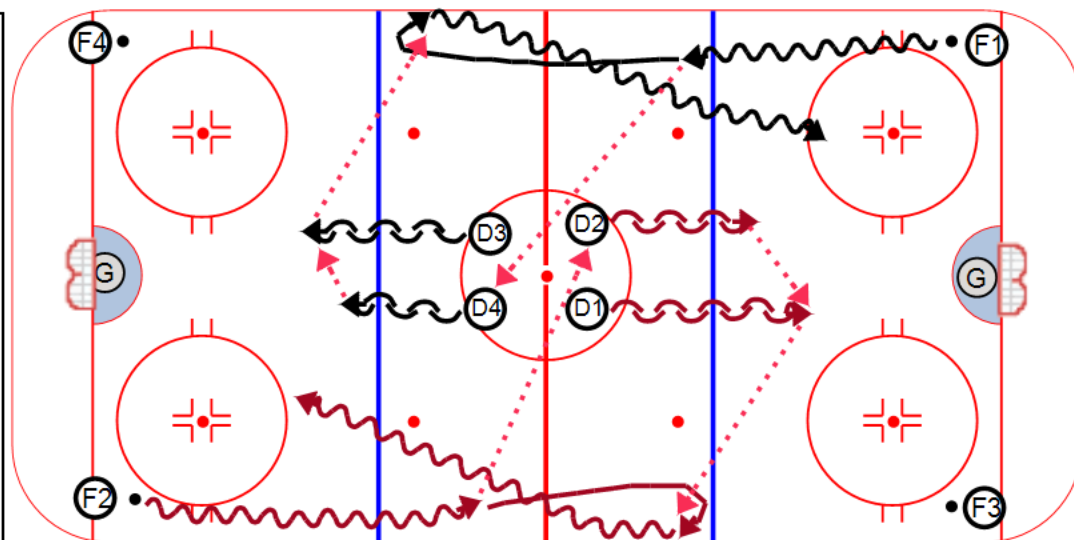
Description

Part II

F1 & F2 start at the same time from opposite ends
D skate backward into proper hinge formation
F1 passes to weak side D (D4)
D2D pass
F1 comes deep to the wall
D passes to F1
F1 goes in for shot

F3 and F4 start next set

D must hustle back to the circle to begin next set.

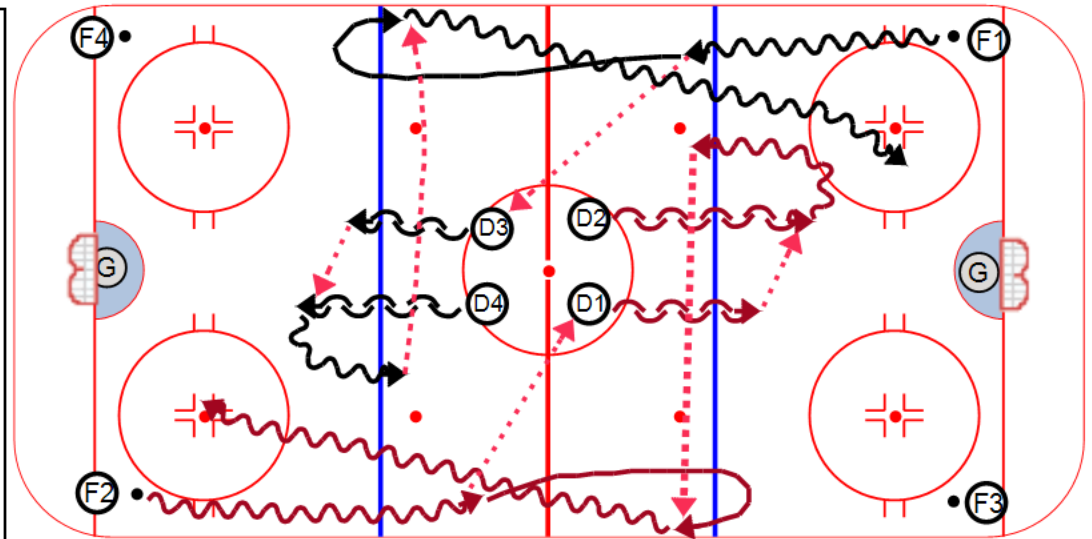


Key points :

Description

Part III

F1 & F2 start at the same time from opposite ends
D skate backward into proper hinge formation
F1 passes to strong side D (D3)
D2D pass
F1 skates low along the wall
D4 takes some ice and passes across the ice to F1 on the wall
F3 and F4 start next set
D must hustle back to the circle to begin next set.



Key points :

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