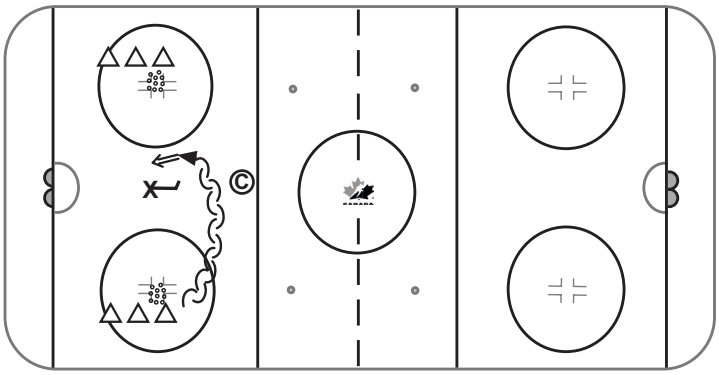
Shooting - Defence - Quick Feet
Shot From Middle

- Players start form the offensive zone faceoff dots
- Left handed defence start from the let side, right handed defence start from the right
- Players back peddle, with puck, around obstacle in the slot
- Player then shoots when obstacle is cleared



Key teaching points

- Maintain possession on the forehand
- Move quickly into a shooting lane
- Shoot in stride
- Keep an eye on the target

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