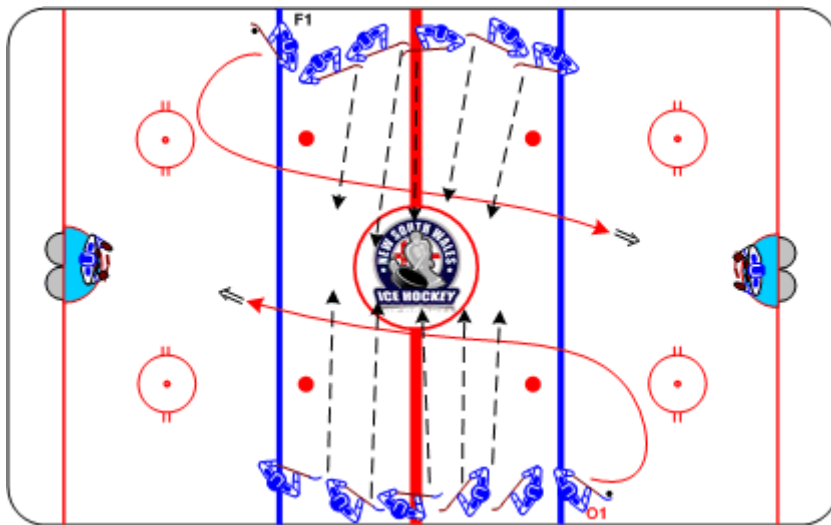




Cool Down - Target Shooting

Duration: 5 mins

- **F1** with puck, skates around dot and through neutral zone
- **Forwards** shoot to knock puck from **F1**'s stick
- **O1** next though neutral zone with Forwards shooting



Coaching Tips

- Fun
- Challenge

Execution Tips

- Pucks must be on ice
- Alternative sides