

A202 - 3-0 Chaos Overspeed x 2 - U17

Key Points:

Go as fast as you can and make fakes, tight turns and protect the puck vs. coaches.

Description:

1. Start from the top of the circles in 3 lines.
2. Skate at full speed in the neutral zone.
3. Avoid other players and poke checks by coaches.
4. Make dekes, tight turns, fakes.
5. Pass to the front of the next line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816212105254>

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https://youtu.be/C7_3jViAf3w

