

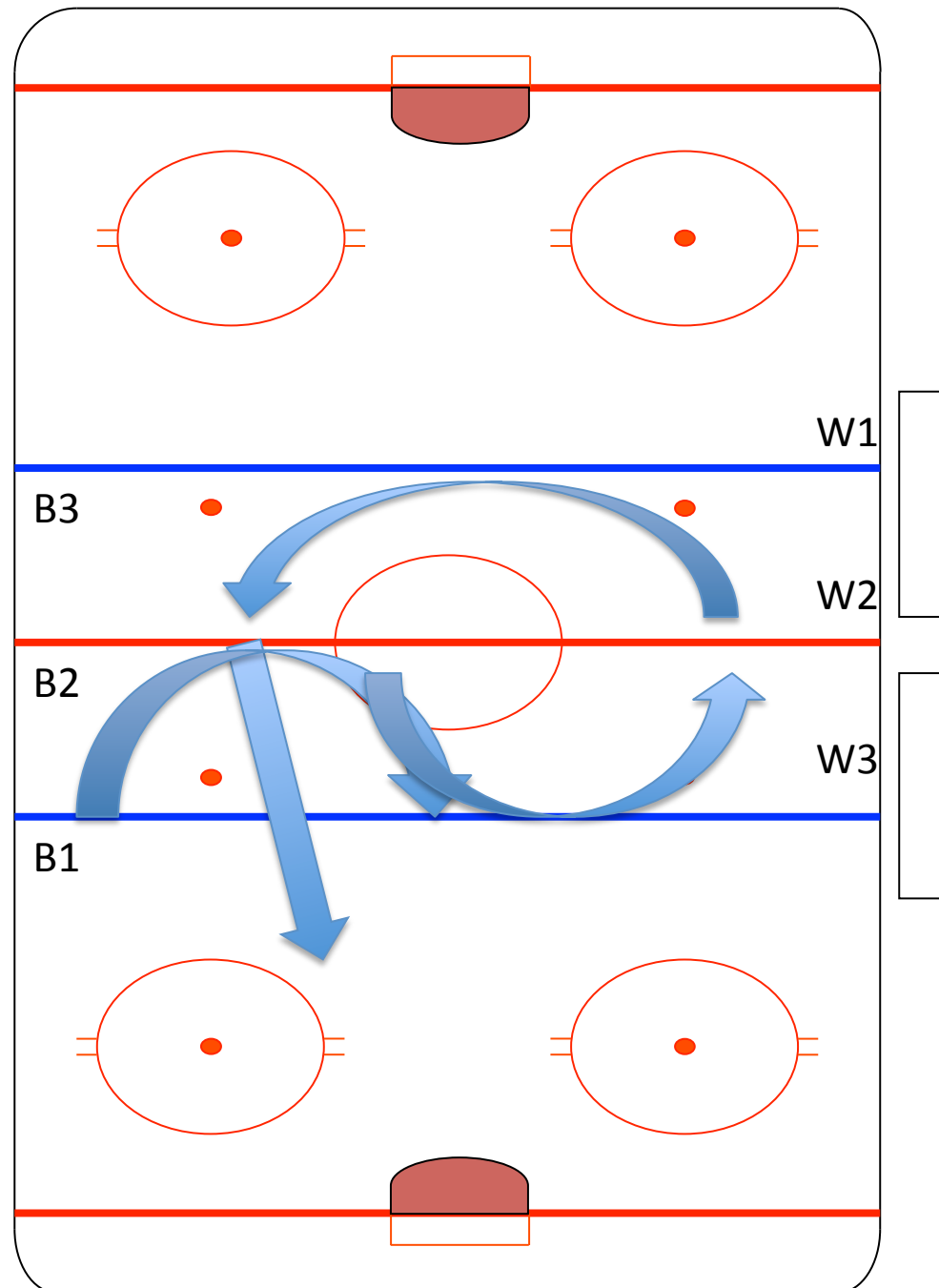
Red-Blue 6 man shooter (A)

3 players from each side go on each whistle.

B1/W1: Red line, blue line, back around the NZ circle for shot.

B2/W2: blue line, red line, back inside the DZ and back.

B3/W3: top of circle, blue line, back inside the circle and back to opposite end.



Red-Blue 6 man shooter (A) p2

Variations:

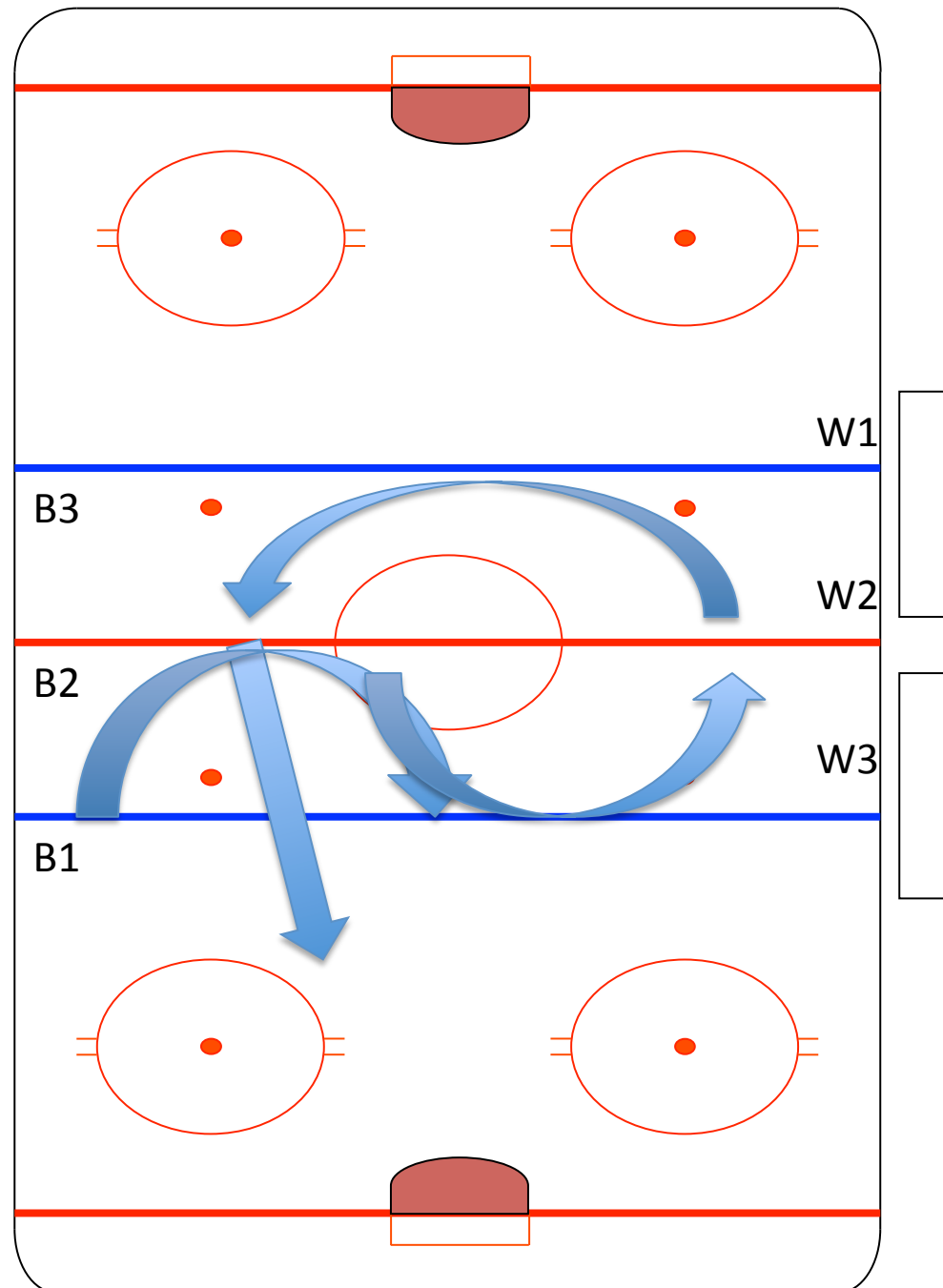
No puck, pick up puck from line they started in.

Carry puck the entire way.

Add pass back to the next player in line.

Add lateral skate after initial red-blue pattern

HS Rep: 8-10 seconds



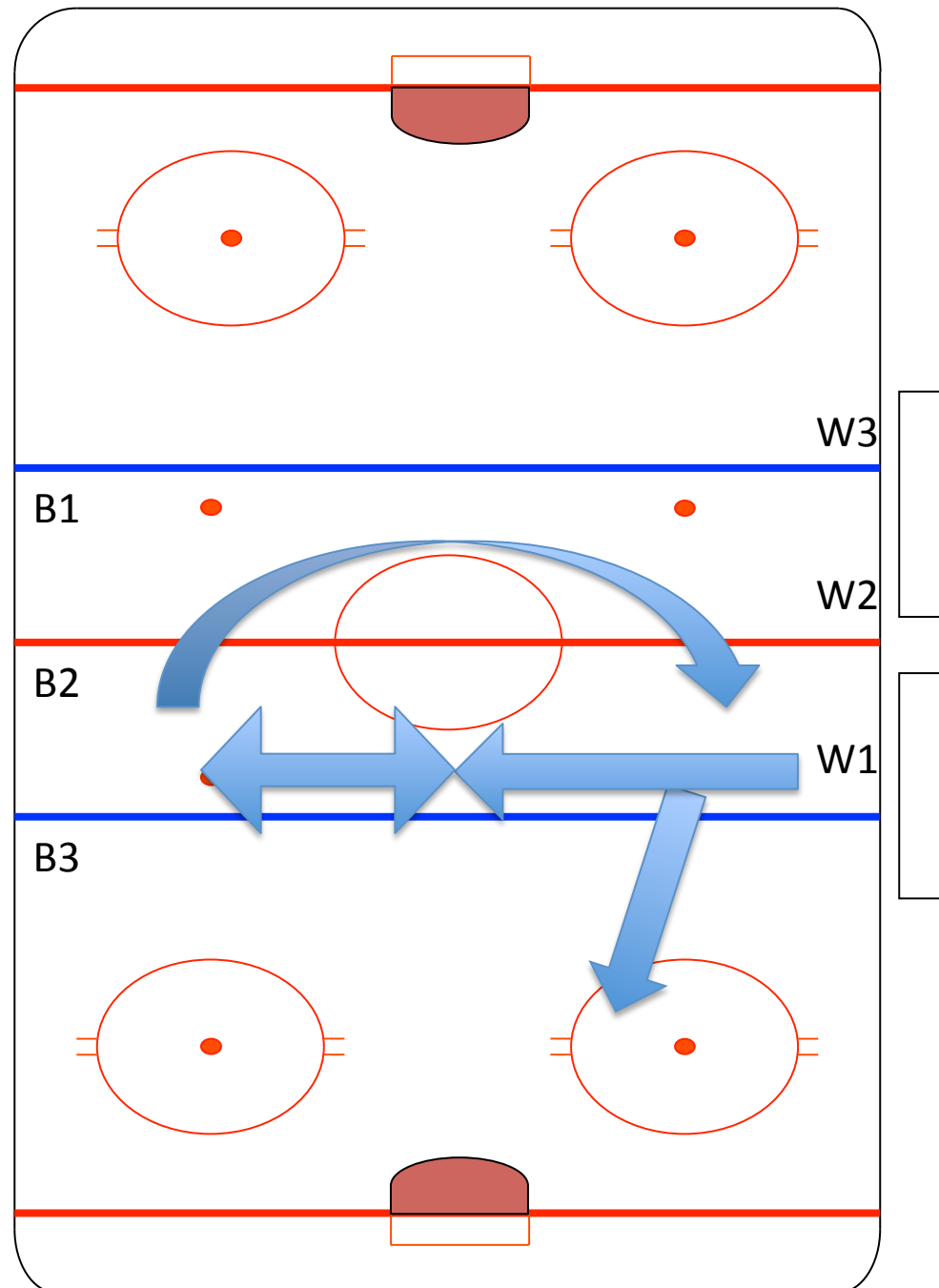
Red-Blue 6 man shooter (B)

3 players from each side go on each whistle.

W1/B1: Forward to the middle, pivot backward, right-handed player escape and skate forward (left-handed player lateral skate) back around the NZ circle for shot.

W2/B2: same pattern, back inside the DZ and back.

W3/B3: same pattern, back inside the circle and back to opposite end.



Red-Blue 6 man shooter (B) p2

Variations:

No puck, pick up puck from line they started in.

Carry puck the entire way.

Add pass back to the next player in line.

Have 2nd player (W2) continue back around for 3rd shot at opposite end

HS Rep: 8-10 seconds

