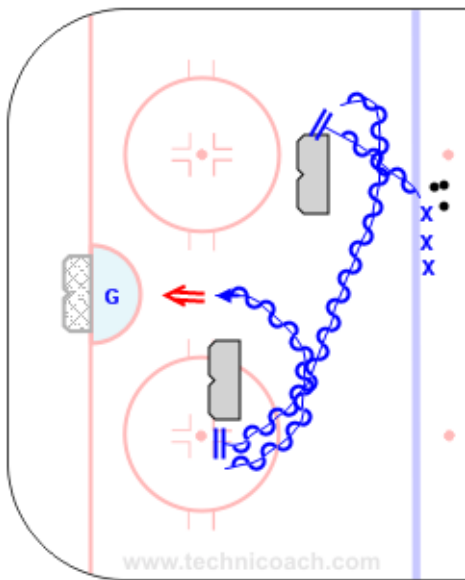


AAAHA Skill Station #22
5/10/2009



Description:

Nets are placed as shown with players lined up outside the blueline. Players skate to outside of top net and stop facing away from the net. Players then turn to the outside with the puck and skate to the outside of the low net, stop facing away from the net and turn to the outside in an escape move and drive the middle for a shot on goal.

KeyPoints:

Stress head up and tight escape moves to the outside. Hard drive to net and shoot while moving fast.