

Key Points:

- Lead with eyes, turn hands and hips
- Push with full blade on ice
- Seal five hole

Progression #1

Description: Start at elbow of crease

- Slide to opposite post
- Square up
- Push to elbow
- Slide to opposite post
- Push back to original position
- Repeat

Progression #2

- Start at elbow of crease
- T-Push to top middle of crease
- Slide to back post
- Take shot and deflect to corner
- Repeat

Progression #3

- Start on blocker side post
- T-Push to top middle of crease
- Slide back to post to take shot off blocker
- deflect puck to corner

Progression #4

- Start on glove side post
- T-Push to top middle of crease
- Slide back to post to take shot into glove