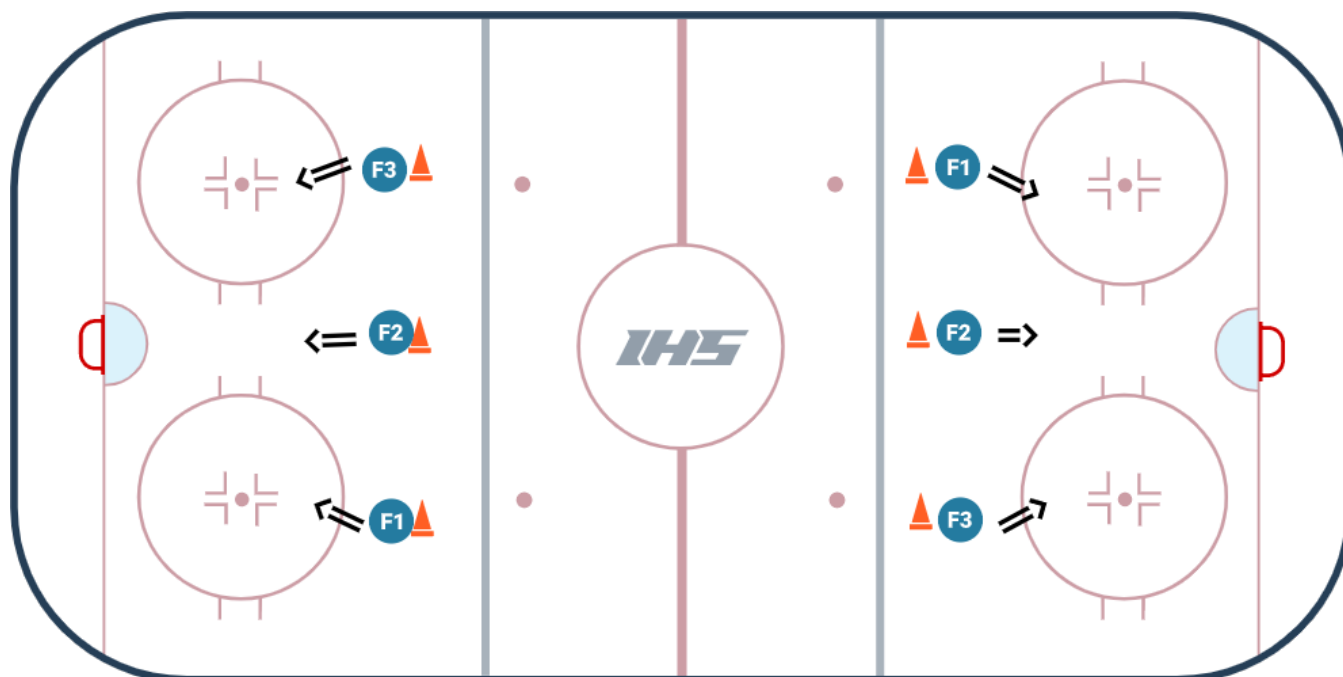


Shooting U8-U12



Description

- split into 3 groups behind cones on each side
- start with player 1 and have them step in for a wrist or slap shot on net(tell the kids to take their best shot)
- have them rotate lines after each shot for different angles on the net
- 2 rotations through (6 shots each player)