

## G Post to Post-Out-Track Rebound - Finnish U20

### **Key Points:**

Goalie use the edges to skate laterally and then diagonally to get square to the puck. Line up the puck with middle of the backside to the middle of the back of the net.

### **Description:**

1. Player 1 and 2 each have 3 pucks above the face off dots.
2. Goalie skate from near to far post and then diagonally out and square to the puck.
3. Take shots from alternate sides starting when the goalie is moving out.
4. After making the stop the goalie track the rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121126151158597>

