

B600 Wideman Pass and Point Shot

Key Points:

Pass a hard saucer across the ice. Forward time skating so the pass comes when he is going full speed. Forwards and defense are behind diagonal blue lines on each side.

Description:

1. Forwards on each side skate and pass to the D in front of them.
2. D's pivot and pass to the forwards on the far side.
3. F's skate in and "shoot to score."
4. F' get a new puck from the corner and pass to the D then screen the goalie.
5. D's skate between the dots and shoot.

