

B202 - Regroup 1-0, 2-0 Pass Options – Pro

Key Points:

Give a target and face the puck. Pass hard and lead the player so he doesn't have to slow down. Shoot and rebound and either screen or rebound for the next shooter. Stay onside on the 2-0.

Description:

1. Players face each other across the neutral zone lined up with the dots.
2. Start with R1 passing ahead to B2 who passes over to B3. This pattern happens with B1 to R2 to R3 at the same time.
- A. B3 make a cross ice pass to R1 who faces the play on the far wing and goes in for a shot.
- B. R3 pass to B1 who mirrors the puck from the middle lane and goes wide for a shot.
- C. R3 pass to R1 who mirrors the puck from the middle lane - attack wide. R2 join attack after passing across.

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