

B6 Double Cross and Drop

Key Points:

Leave the puck instead of passing it back into the players skates.
All go one way and then the other way.

Description:

Line up at one end on each side of the ice.

1 pass to 2 they skate outside the dots and cross and drop in the middle, outside the dots, gain the blue line and cross and drop, then shoot or make a diagonal pass and shoot.

