

B6 Pass, Agility Skate, Shoot, Rebound

Key Points:

Groups of 3 leave from diagonal corners, switch corners each time so the skating direction varies.

Description:

1. One player from each corner leaves.
 2. Take a pass from the far corner and shoot and follow the shot for a rebound.
 3. Get another pass.
 4. Weave 3 times from blue to top of circles
 5. Fill near, middle and wide lanes after crossing red line with the puck.
 6. Shoot and follow the shot for a rebound.
 7. Circle back and go in with next shooter and rebound.
- Vary the kind of weave skating, Call for passes, Do one rep in overspeed. Can start with only skate and shoot.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20091019154513105>

