

B6 3-0 With Multiple Pucks

Key Points:

This is an exercise to overload the nervous system.

Make eye contact before passing and make good firm passes.

Description:

1. Players are in 3 lines below the goal lines in each end.
 2. Pass 2 pucks while filling the 3 lanes and then regroup with players at the far end and pass the 2 pucks back to the original end and then shoot both on the net, allowing the goalie to get set between shots.
 3. Group at the opposite end leave after they have passed to the original group.
 4. When the players are good with 2 pucks progress to passing 3 pucks.
- * A good routine is to pass 3 pucks the first turn, then 2 pucks, then a 3 man weave with one puck, then add one defense and regroup with him, then add 2 defense and regroup with them and then add another regroup passing first time to one of the D and second time to the other.

