

B600 Skate Circles Exchange Pucks and Shoot

Key Points:

Players should keep their hands and feet moving all the time.

Description:

1. Leave from diagonal blue lines.
2. Drop the puck when halfway around the circle.
3. Pick up the opposite players puck.
4. Complete the circle and shoot at the original end.
5. Players leave from the other two lineups.

Options:

- a. Start by passing across and exchanging pucks.
- b. Start in the zone to screen or tip.
- c. Circle back and skate in to rebound the next shot.
- d. After shooting give and go with the next shooter.
- e. Defend a 1-1 vs. the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013052210352710>

