

B4-B6 BO F Shoot D Shoot – Pro

Key Points:

Quick feet and firm passes. Coach resist the F and force the D to make evasive moves. Forward shoot while skating and follow the shot for a rebound then screen.

Description:

1. F1 leave at both ends and pass to D1.
2. D1 drive skate to the big ice and pass to F1 in the wide lane.
3. F1 read the coach has given up the blue line and skate to the middle with the puck and shoot.
4. D1 follow and get a puck along the boards at the top of the circle.
5. D1 skate backward with the puck and make evasive moves vs. the coach to find a shooting lane.
6. D1 shoot while F1 screen and tip.
7. Repeat with F2 and D2.

