

B6-B600 - One Touch 2-0 and Shot Routine - Czech U20

Key Points:

Keep moving and one touch passes. Give a target, keep the stick square to the pass and hands away from the body. Always follow the shot for a rebound.

Description:

- The whole team is involved half at each end.
- Start at the blue line and F1 skate out and get a pass from F2.
- F1 give and go pass to D1 in the corner.
- D1 skate between dots and give and go with F1 a second time.
- F1 pass across ice to F3.
- F3 one touch pass to F1 or D1.
- F1-D1 attack 2-0 with a max of one pass before shooting.
- F3 repeat from the other side of the ice.

*This drill could be used in a half ice practice or from both ends full ice.

*The amount of passes will depend on the skill of the players.

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