

B500 One Touch and Face Puck - Finland

Key Points:

One touch. Make sure the top hand follows the pass and isn't locked against the body. Demonstrated by Reijo Routsalainen.

Description:

-One passer on opposite sides. Middle player one touch facing the puck give and go then give and go with other passer.

-Rotate the middle player every 10".

-Add tasks like tight turns, fakes etc.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130521102432764>

<https://www.youtube.com/watch?v=jIQ0Y3WCx28>

