

B4-B6 - D Quick up to W – Pro

Key Points:

Defense shoulder check then pick up the puck and quickly move it up ice. If possible skate inside the dots before passing. Forward post up always facing the puck and time skating so he is moving when he gets the pass. Coach give passive resistance either at the blue line or back in.

Description:

1. Defense leave from the middle and pick up a puck spotted just inside the blue line.
2. Forward leave from the hash marks and post up ready for a pass when the D looks up ice.
3. Forward read coach resistance and fake inside, go outside if he defends the blue line.
4. Forward skate to the middle if the coach backs in and gives up the blue line.

* Alternate sides.

*Options: circle back for the next rebound, give and go with next shooter, defend 1-1 vs. next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2016101410571731>

<https://youtu.be/wyATrzsB9gk>

