

B4-B600 - RG 1-0 x 2 x 2 - C U18F

Key Points:

Face the puck, give a target, pass hard, follow the shot, screen, shot pass, tip, point shot.

Description:

1. Defense starts in the middle and forwards from the corner.
2. F1 each side pass to D1, regroup and go in and shoot.
3. F2 pass to D1 and skate across the ice for a return pass then shoot from the other side.
4. D1 follow F2 to the blue line.
5. F2 get a puck from the corner and pass to D1 who shoots while F2 screens and F1 skates in for a shot pass.
6. Repeat with F3 and F4 regrouping with D2 on each side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161103102955446>

<https://youtu.be/n5DrI5j8WF0>

