

T1 - One Touch Pass and Agility – Pro

Key Points:

Absorb the puck and wrist pass it back instead of slapping the puck.

Description:

1. One player pass while skating around the circle facing a coach or another player.
2. Go each direction once then switch.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2016120809513555>

<https://youtu.be/vzgUfC2JsTI>

