

B6 - 2 Passes x 2 Timing and Shots - U18 F

Key Points:

Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

- A. 1 and 2 leave from each end and pass across to 3 and 4.
- B. 3 and 4 pass across to 5 and 6.
- C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- D. 1 shoot-rebound-screen.
- E. 2 shoot.
- F. 3 and 4 repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170107125422201>

<https://youtu.be/WmpASHh7uL4>

