

B600 Wall Support 1-0 x 2 – Pro

Key Points:

Face the puck, give a target, pass and shoot while skating.

Description:

1. Player 1 from each side step out from the blue line and pass to player 2.
2. Player 2 skate down and shoot, rebound and screen.
3. Player 1 turn back and get a pass from 3.
4. Player 1 turn and pass to 4 at the other blue line.
5. Player 4 step out and pass to 1 who supports on the wall then goes in for a shot.
6. Player 4 on each side repeat - shoot on opposite net.

* Options: After shooting play a 1-1, exchange passes, or circle back and rebound for next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706165557210>

<https://youtu.be/w4T47DwMOYY>

