

B600 Cross-Drop-Pass 2-0 – Pro

Key Points:

Do as an overspeed drill. Give a target, stay outside, go for the rebound, the drop pass is a leave pass.

Description:

1. F1 skate and pass to F2 who skates toward him.
2. F1 skate behind F2 who leaves the puck for him.
3. F1-F2 turn up ice at full speed.
4. F2 pass to F1.
5. F1 shoot while skating.
6. F1-F2 both control skate for the rebound.

**Options: Give passive or active 2-1 or 2-2 resistance to the next shooters. Circle back to rebound for the next shooters. Exchange passes from the goal line with the next shooters, i.e. F5 pass to F1 who passes to F6 who shoots.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706165556979>

https://youtu.be/ADe7IVxdE_Q

