

B6 - Big Horseshoe 2-0 – Pro

Key Points:

Pass and shoot with the feet moving. Face the puck, follow the shot for a rebound, give a target. Player who passes skate inside the dots before passing.

Description:

1. Players line up in opposite corners at each end of the rink.
2. Player 1 and 2 skate down the wide lane and cut across the ice inside the far blue line.
3. Player 3 and 4 leave from the other end and player 3 pass to 2 in the middle lane.
4. Players 1-2 exchange passes and shoot.
5. Players 3-4 skate to the far end and player 4 gets a pass from player 5.
6. Continue this end to end flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171018085742208>

<https://youtu.be/WNikZX6zYWI>

