

B600 – Stretch Pass-Shot Flow x 2 – U18 F

Key Points:

Pass, take the pass and shoot while skating. Keep the stick blade square to the puck to receive passes.

Description:

1. Shoot at each end then Second player shoot and go to opposite corner.
2. Skate to the corner for a new puck.
3. Make a diagonal pass to 2 who comes off the boards from the blue line.
4. Player 2 skate in and shoot.
5. Player 2 get a puck from the other corner.
6. Player 2 pass up to 3 who cuts across from the diagonal far blue line.
7. Continue this flow

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20171026105424114>

https://youtu.be/zRdEsL_6qnA

