

B6 - 2 Cross and Drop - Regroup - 3-0 – Pro

Key Points:

Pass and shoot while skating. Give a target and make crisp passes. Follow the shot and stop at the net for a rebound. Great drill to practice playing at a high tempo. Middle lane drive.

Description:

1. Players are lined up in all four corners.
2. Players 1 cross and drop the puck to player 2.
3. Player 2 pass to player 3 at the far end.
4. Player 1-2 cross and skate down the wings.
5. Player 3 carry the puck in the middle lane.
6. Players 4-5 follow and cross and drop then pass to 6.
7. Player 3 pass to 1 or 2 and drive to the net without the puck.
8. Puck carrier either shoot or pass across or to 3 driving the net.

** This is a core drill for warm up done by the same team in another arena.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171029105815152>

<https://youtu.be/IcaEbVO51MQ>

