

## B6-600 – F-D Agility Skate - Stretch Pass - Point Shot – Pro

### Key Points:

Skate at top speed. Pass and shoot while skating. Forward screen so the goalie has to lean one way to see the puck. This drill could be done alternating sides.

### Description:

1. Forwards in diagonal corners at defensemen at diagonal blue lines.
2. F1 from each end skate around the top of the circle and bottom of the other circle.
3. D1's skate up to the red line, backwards, turn and pick up a puck from F2 inside the blue line.
4. F1's skate down the far wing and give a target for a pass.
5. D1 on each side make a cross ice pass to F1's and follow to the blue line.
6. Coach or player who shot give passive resistance to F1 at each end.
7. F1's take a shot and follow for a rebound in the slot.
8. F1's get a new puck in the corner, pass to D1 and screen in front.
9. D1's skate the puck inside the dot and shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171031113338871>

<https://youtu.be/J-6lhUZ8oJs>

