

B6 - 2-0 - Regroup - 2-0 x 2 – Pro

Key Points:

Face the puck, give a target, handle the puck and then wrist pass and cross the blue line in the wide lane. Option are to exchange passes with the next attackers or defend 1-2 or 2-2. Another option is to shoot from the wide lane and practice passing off the pads

Description:

1. A and B leave from diagonal corners making wrist passes.
2. Regroup with a coach or player at the far blue line.
3. Continue exchanging passes and turn back at the blue line.
4. Exchange passes and enter the offensive zone in the wide lane.
5. Maximum of one pass in the offensive zone.
6. Shoot follow the shot and stop at the net for a rebound.
7. Go to the end of the other lane.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=2&s=2017110114491718>

<https://youtu.be/WK6vRMPDC0o>

