

T2 - 3-0 Middle Lane Drive x 2 – Pro

Key Points:

First player over the blue line without the puck drive hard to the net trough the middle lane. Be ready for a pass and stop in front to put in a rebound.

Description:

1. Half the team on each side of the red line up in middle and each wing.
2. Coaches give passive resistance from the blue line to the top of the circles.
3. P1 leave from the middle lane with a puck.
4. P1 pass to either P2 on the left or P3 on the right.
5. P1 skate hard to the net.
6. P2 skate with the puck and choose: A. Shoot B. pass across to P3 who shoots. C. Pass to P1.
7. Everyone crash the net for a rebound.
8. Skate hard back to the blue line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20171121114101689>

https://youtu.be/0_F54MI3p-s

