

B600 - 4 Passes x 2 – MRU

Key Points:

Give a target, one touch, face the puck, keep skating, shoot and follow the shot, stop for the rebound.

Description:

A - 1-2, 4-5 exchange passes.

B - 1-3, 4-6 exchange passes.

C - 1-5, 4-2 exchange passes.

D - 3 cross pass to 1 and 6 to 4.

E - 1 and 4 skate in, shoot then rebound.

F - 1-1 circle back to rebound for next shot.

G - 3-6 repeat from the other diagonal corners.

