

B400 - 2-0, 3-0, 4-0, 5-0 Pass Every Zone – Pro W

Key Points:

Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

Description:

1. Two then three then four then five players leave.
2. Each player must make a pass in each zone.
3. Take a shot at each end.
4. Skate facing the puck and make forehand passes.
5. Possible sequence is reverse and 5-4-3-2 leave the other way.

Options:

Start with one player who touches both knees at each blue line. If less than 20 skaters i.e. 16 go 1-2-3-4 then start the other way and go 4-3-2-1.

Another option is to use one touch passes only, or do an escape move and then pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180312184015918>

<https://youtu.be/VzaDDDXQ0f8>

