

B6 - Five Shots x 2 – College

Key Points:

Pass hard while skating, face the puck and give a target, shoot while skating and follow the shot for a rebound. The same sequence is done from both ends starting from diagonal corners.

Description:

1. White forwards at one end and white D at the far blue line. Red F and D opposite.
2. F1 skate and pass to D1 then open up for a regroup pass at the red line.
3. D1 pass to F1 who skates in and shoot from the wide lane.
4. F2 leave from the same corner, skate and pass to D1 who passes to D2.
5. F2 cross the red line and mirror the puck for a pass from D2 then skate and shoot.
6. F3 leave from the opposite corner, regroup with D2 and shoot from the wide lane.
7. D1-D2 skate up to the blue line.
8. F1 get a puck from the corner and pass to D1 who shoots.
9. F1 pass another puck to D1 who passes across to D2 who shoots.
10. F1-F2-F3 have a net presence.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20190108181642748>

<https://youtu.be/QC7hvuGCowI>

