

B6 - 3-0 Pass-2F-1D Shoot – College

Key Points:

Exchange crisp passes and defense bounce the puck off the boards so the forward catches it in full stride. Progress to adding pressure and being more gamelike.

Description:

1. D1 and F1-F2 leave from diagonal corners.
2. D1 skate backwards exchanging passes with F1-F2.
3. At the far blue line F1 pick up a new puck, skate in, shoot, look for a rebound.
4. F2 swing to the far lane and get a bounce pass off the boards from D1.
5. F2 skate in and shoot in stride while F1 screens.
6. D1 follow the attack to the blue line.
7. F2 pick up a new puck in the corner and make escape moves then pass to the point.
8. D1 shoot, F1 screen, F2 go to the net for a shot pass and rebound.

**Add D1 defend vs. the next shooter and F2 pressure the second shooter in the corner then play the rebound 2-2 low until the whistle.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20190328151011830>

<https://youtu.be/PcxX6YNugX8>

