

## B4 - Cross-Drop-One Timer-Catch-Release - College

### Key Points:

Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave.

Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

### Description:

1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.
2. Drop the puck on the other side of circle.
3. Stay onside and 4 shoot then both rebound
4. #3 pass to 4 who drives to the net.
5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound.

### Options:

- a. One, two or three players leave at a time.
- b. After shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3.
- c. Give + go with last shooters. Etc.
- d. Add another cross and drop inside the blue line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20190405162412289>

[https://youtu.be/HHHs\\_8VNjwY](https://youtu.be/HHHs_8VNjwY)

