

## B6 - Timing Around Circles - College F

### Key Points:

Timing, pass while skating, cross overs with the puck, shoot while moving, rebound, screen and tip.

Possible 1-1 and catch and release.

### Description:

1. Players are in diagonal corners and one red and one white at the blue line.
2. Player one skate around the low circle with a puck, player two around middle circle.
3. Player one pas to player two who skates in for a shot.
4. Player one continue and now skate around middle circle for a pas from player 3.
5. Player three pass to player one and continue to the middle circle. Etc.
6. Player two follow shot for a rebound then skate hard to boards and back and screen.

*Options: Player two can defend 1-1 vs next shooter or exchange passes or circle back and rebound.*

<http://www.hockeycoachingabc.com/mediaqallery/media.php?f=0&sort=2&s=20191024033139529>

<https://youtu.be/ckOiQ9QI72E>

