

T2 - B6 - Cross-Drop 3-0 Middle Drive Pass Across – Pro

Key Points:

Skate to the Big Ice between the dots with the puck. Attack with speed #1 go hard to the net ready for a pass, tip or rebound.

Description:

1. Players leave from the 4 corners.
2. 1 skate to the middle with the puck and cross and drop with 2 from the other corner.
3. #1 and #3 skate hard down the wide lanes.
4. #2 skate down the middle lane with the puck and pass to either 3.
5. #1 middle drive hard to the net.
6. #3 pass across to #1 in the far lane and 1 shoot.

#2 can pass to 1 or 3 and they have the choice to either pass or shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20191128184603767>

<https://youtu.be/oH3IWNXKn1I>

