

B6 Pass and Shoot While Skating - U18 F-U17-U20

Key Points:

Most players have to coast before passing or shooting. In this exercise the players must keep their feet moving. It is important to keep the stick square to the puck and the hands away from the body.

Description:

1. Leave 2-0 from each corner and allow the players in front 2 or 3 passes before starting.
2. Pass while skating they can be one touch or two touch then pass.
3. Shoot before reaching the hash marks and rebound.
4. Switch sides with the inside player going to the outside when you go the other way.
5. Switch corners after a few minutes so the goalies get shots from the other side.

B6 Jursi Skate and Pass - U18 F

<https://youtu.be/gSWhWvXq2bc>

B6 - Jursi 2-0 Skate and Pass x 2 - No Shot - U17

https://youtu.be/P_gx6-rJeOA

B6 Jursi 2-0 with Regroup - U20

<https://youtu.be/maYtXZL22Bq>

