

B600 Give and Go x 2 Cross Pass Shoot - RB Pro

Key Points:

Face the puck, give a target, skate while you pass and shoot, follow the shot.

Description:

1. A-E and C-G exchange pucks from diagonal blue lines.
2. A-C skate toward the diagonal corner.
3. A-G and C-E exchange pucks.
4. A-C skate toward the opposite nets.
5. E pass to A and G pass to C across the ice.
6. A and C attack and shoot.
7. B and D repeat from the opposite diagonal corners.

** Either screen, rebound or give and go, play 1-1 with the next shooter on 1-0 shooting drills.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150824114016741>

<https://youtu.be/TjyAYCuETRE>

