

B6 1-0 Pass to Middle x 2- Pro

Key Points:

Break hard to the middle, give a target, quick cross-over skating. Shoot and follow the shot for a rebound.

Description:

1. Leave from both ends at the same time.
2. A break across the top of the circle from the corner.
3. B pass to A from the other corner and the coach mirror A across the ice.
4. A skate and shoot at the far end and follow the shot for a rebound.
5. A circle back and rebound for the next shooter.
6. Repeat from the other side. B pass to C.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141107090419346>

https://youtu.be/rmUAK3wM_BM

