

B600 Pass-Up-Across-Across-Stretch-Shoot x 2 - Pro

Key Points:

Skate hard with cross-overs, give a target, shoot while skating, follow the shot, pass hard.

Description:

1. A and C leave.
2. A regroup with B and C with D.
3. A pass to G and C to E.
4. A and C skate around NZ dots.
5. G pass across to B and E across to D.
6. D cross ice pass to C and B to A.
7. A and C shoot, rebound.
8. A and C rebound for the next shooter.
9. B and D repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141030110311315>

<https://youtu.be/i88-VSt0xpc>

