

B600 Cross Pass x 2 - Pro

Key Points:

Give a target with the stick on the ice. Pass so the player doesn't have to slow down. Shoot while skating and follow the shot for a rebound.

Description:

1. Players are lined up at all four blue lines, clockwise name them A-B-C-D.
2. A and C break across the middle lane for a pass.
1. D pass to A and B pass to D.
2. B and D break for a pass from E and G.
5. Repeat this flow.
6. After shooting circle back to rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141024084934336>

<https://youtu.be/b6jFhxdNH50>

