

B600 Up-Back-Cross Pass x 2 - Pro

Key Points:

Face the puck, give a target, shoot while skating, follow the shot, rebound for the next shooter.

Description:

- A. #1's leave from diagonal blue lines and skate up to the red line then break back toward the net.
- B. #2's pass across the ice to #1's.
- C. #1's skate in and shoot and follow the shot for a rebound then circle back and rebound for #2's.
- D. #2's skate up and back and get a cross ice pass from #3's.
- E. Continue this flow from diagonal corners.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141022091815269>

<https://youtu.be/pkgQQkxD9AI>

