

B2 - 2 on 1 Pass in Front of Toes - Pro

Key Points:

Forehand pass when possible. Pass in front of the defenders toe caps behind his stick.

Description:

1. Start with a coach defending then use players.
2. 1 skate outside and 2 skate to the net and 3 defend.
3. 1 pass on the forehand (if possible) to 2 and follow the pass.
4. Make the pass between the stick and the skates.
5. 2 shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140904104222128>

<https://youtu.be/msMp3ideerE>

