

F - B6 2-0 Disguised Skate - Pro

Key Points:

Skate at top speed on the rush and make at least 2 passes. Crash the net for a rebound.
Backcheckers tie up sticks on loose pucks.

Description:

1. Players start from the corners.
2. Players 1 and 2 attack 2-0.
3. On the whistle players 3 and 4 attack 2-0 with a new puck.
4. Players 1 and 2 backcheck hard to the slot and cover one player each.
5. Coach should allow a second shot if there is a rebound before whistling.
6. Continue this flow and each group 'Keep Score' and see which two players score the most.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014070621573283>

<https://youtu.be/-ZGrVCikrok>

