

B6 – Wide and Middle x 2 – Pro

Key Points:

Pass while skating without coasting first. Make firm passes and keep the stick blade square to the puck.

Description:

- 1 – Players in all 4 corners with the pucks on one side.
- 2 – On the whistle one end leave and pass outside of the dots and the other end pass inside the dots.
- 3 – Shoot at each end and follow the shot for a rebound.

NHL Players

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706224430659>

<https://youtu.be/JiZuGGyjiVE>

Prospects

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706165555649>

<https://youtu.be/SwEmVFqx9nU>

