

B6 1-0, 2-0, 3-0 Small Horseshoe - U18 F

Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay onside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

B6 Small Horseshoe

<https://youtu.be/VgW3XTM1JXQ> - university men

<https://youtu.be/SDCuSWSSuDE> - U18 F

