

## B6 - F and D Agility-BO-Point Shot x 2 – Pro

### Key Points:

Forward time his skating so the D can make the stretch pass when his toes are up the ice. Shoot and stop in front and look for a rebound. Do from both sides.

### Description:

1. Forwards start in diagonal corners and Defense at diagonal blue lines.
2. On the whistle D1's skate to the red line and backwards the turn and get a puck.
3. F1's skate around the top of the first circle, bottom of the other circle and stretch past the red line.
4. F1's skate in and shoot while D1's follow the play to the blue line.
5. F1's get a new puck in the corner and pass to D1's at the point.
6. F1's screen while D1's skate inside the dot and shoot.
7. Repeat with F2's and D2's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20150719103834165>

<https://youtu.be/1sOS5lkF4wk>

