

B6 High Cycle - Screen - Slot Shot - Pro

Key Points:

Hit the net and make plays while skating. Face the puck and screen and square up for the one timer.

Description:

1. Forwards in the corner and D at the point.
2. F1 pass to D1 and cycle high.
3. D1 skate into the middle and pass to D2 who slides wide.
4. D2 pass to F1 skating in the high slot.
5. F1 either one time shot or skate down the middle and shoot.
6. F1 screen and F2 pass to D1 to D2 who shoots.
7. F1 kick back and one time a pass from the coach in the corner.
8. Repeat with F2.

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<https://youtu.be/ls0z3w5XBvc>

The same drill and the F skates down the middle to deflect a shot pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20150516134123176>

<https://youtu.be/k7iEJ6K7COk>

