

B600 - Shot x 2-One Touch x 2 - Stretch Pass x 2 - U20

Key Points:

Give a target, face the puck, keep the stick square to the pass, hands away from the body, keep skating, pass hard.

Description:

- A. 1 and 2 leave from diagonal blue lines and each take a shot and follow for a rebound.
- B. 3 exchange one touch passes with 1 then pass to 2.
- C. 2 pass to 1 who stretches to the far blue line.
- D. 1 break in and shoot, then screen or rebound.
- E. 5 from the starting point pass across to 2.
- F. 2 skate in and shoot.
- G. 3 and 4 repeat from the other diagonal blue lines.

*Options: Do this timing drill for about 3 minutes and then introduce working on Role 3 - ind. defensive skill and roles 2-4 team offense and team defense. After shooting 1 close the gap and play 1-1 vs. 3 and 2 skate out and defend vs 4 while 1-3 battle in front of the net. Make this competitive by setting a time limit to score or playing until the puck is out of play. The defender should skate it out if they get it and pass to 5 who can start the next rep.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150807103405113>

<https://youtu.be/t-0gO96osGI>

