

T1 - D Pivot - Quick Up x 2 – Pro

Key Points:

Shoulder check the inside and then tight turn to the outside. Pick up the puck in the triple threat position and pass up the boards.

Description:

1. Player in middle at top of the circles and a coach on each side at the blue line.
2. Skate up to the blue line then backward as the coach places a puck below the dot.
3. Tight turn to the outside and pass up to the coach.
4. Skate to the blue line, poke the coaches stick.
5. Skate backward, turn, shoulder check and pick up the puck and pass to the coach.
6. Skate hard out of the zone.
7. The other players repeat the same sequence.

** Always come out of the tight turn with the head up, protect the puck and be ready to pass quickly.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150516134126513>

https://youtu.be/l8cpSji_7N4

