

## B6-B600 - One Touch 2-0 and Shot Routine - Czech U20

### Key Points:

Keep moving and one touch passes. Give a target, keep the stick square to the pass and hands away from the body. Always follow the shot for a rebound.

### Description:

- The whole team is involved half at each end.
- Start at the blue line and F1 skate out and get a pass from F2.
- F1 give and go pass to D1 in the corner.
- D1 skate out between the dots and give and go with F1 a second time.
- F1 pass across ice to F3.
- F3 one touch pass to F1 or D1.
- F1-D1 attack 2-0 with a max of one pass before shooting.
- F3 repeat from the other side of the ice.

*\*This drill could be used in a half ice practice or from both ends full ice.*

*\*The amount of passes will depend on the skill of the players.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150805110946977>

<https://youtu.be/yspkOvE0CSU>

