

B4 and B6 Pass and Replace – RB Pro

Key Points:

Face the puck and give a target. On shooting drills always circle back and rebound for the next shooter.

Description:

1. F1 pass to D1 and skate across.
2. D1 pass back to F1 and follow the pass.
3. F1 circle back and pass to D1 in neutral zone.
4. D1 shoot at the opposite net.
5. F1 circle back and get a pass from D2.
6. F1 shoot at far end.
7. D1 circle back to rebound for F1's shot.

** F1 screen and tip or circle back for a rebound after shooting.*

** This flow drill can also be done with F and D rotating starting points.*

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090728110101526>

<https://youtu.be/-V0pTOglOzI>

