

B5 - D to D Hinges - U17

Key Points:

Shoulder check, skate and pass, D must stagger and not be parallel. Give a target and use head and shoulder fakes to freeze forecheckers.

Description:

1. Coach give a wide pass to D1 then D2.
2. D1 skate to the middle and pass to D2 who hinges up to the outside lane.
3. D2 pass back to D1 in the middle lane.
4. D1 pass to the coach.
5. Repeat with D2.
6. D3-D4 do the same sequence.

** Option: Use the same sequence to practice low breakout options.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201509271032233>

<https://youtu.be/JNPLibZNWh0>

