

B202 - Across and Middle x 2 - U17

Key Points:

Give a target and face the puck. Pass hard and lead the player so he doesn't have to slow down. Shoot and rebound and either screen or rebound for the next shooter. Stay outside on the 2-0.

Description:

- Players face each other across the neutral zone lined up with the dots.
- 1 and 3 pass up to 2 and 4.
- 1 and 3 skate for an outlet on the boards then across the middle.
- 2 and 4 pass across to 5 and 7.
- 1-3 cut across and get passes from 5-7.
- 1-3 skate in, shoot, rebound, circle back and rebound, screen or defend vs. the next player.
- 2 and 4 repeat passing to 5-7.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820104923347>

https://youtu.be/_aQR1gRjBK4

