

B4 - Cross and Drop Sequence - College M – Czech U20

Key Points:

Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave. Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

Description:

1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.
2. Drop the puck on the other side of circle.
3. Stay onside and 4 shoot then both rebound
4. #3 pass to 4 who drives to the net.
5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound.

Options:

- a. One, two or three players leave at a time.
- b. After shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3.
- c. Give + go with last shooters. Etc.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20091019154512198>

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https://youtu.be/HHHs_8VNJwY

<https://www.facebook.com/518555930/videos/pcb.759846231591843/10159633211555931>

B4 Double Cross and Drop - Jihlava U20

https://youtu.be/ft-T_KMohkl

