

## T1 - B500 Individual Skills - RB Pro

### Key Points:

Divide the ice into stations and practice individual technique. The coach can focus on skills for various players.

### Description:

1. Coach pass to defenseman who moves and shoots at the red stripe on the boards.
2. Player agility skate with turns and pivots then get a pass.
3. Saucer pass with a partner.
4. Play rebound with the goalie.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823205113460>

<https://youtu.be/6INupopgk8Q>

