

B6 - Cross Pass-Cross Drop-Shoot - RB Pro

Key Points:

Pass hard, drop the puck behind leaving it still. Keep skating all of the time. Maximum of one pass in the offensive zone.

Description:

1. A skate and pass across to B.
2. Both skate around faceoff dot.
3. B drop the puck to A who crosses behind.
4. Both skate around the Dots.
5. -Alternate Sides.

Option One:

- A Shoot and both rebound.

Option Two:

A pass across to B who opens up and takes a one time. Both rebound.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080848469>

<https://youtu.be/J6xl8NE5SZI>

