B6 1-0, 2-0 Pass and Shoot - Wash - Pro

Key Points:
Start with 1-0 and move to 2-0. Pass hard, give a target, shoot while skating and follow the shot for a rebound.

Description:
1. From each end one skate and pass across to two.
2. Two pass back to one who shoots and rebounds at the other end.
3. Repeat on the other side with three passing to four.
4. Progress to 2 on 0 starting with a cross pass at each end.

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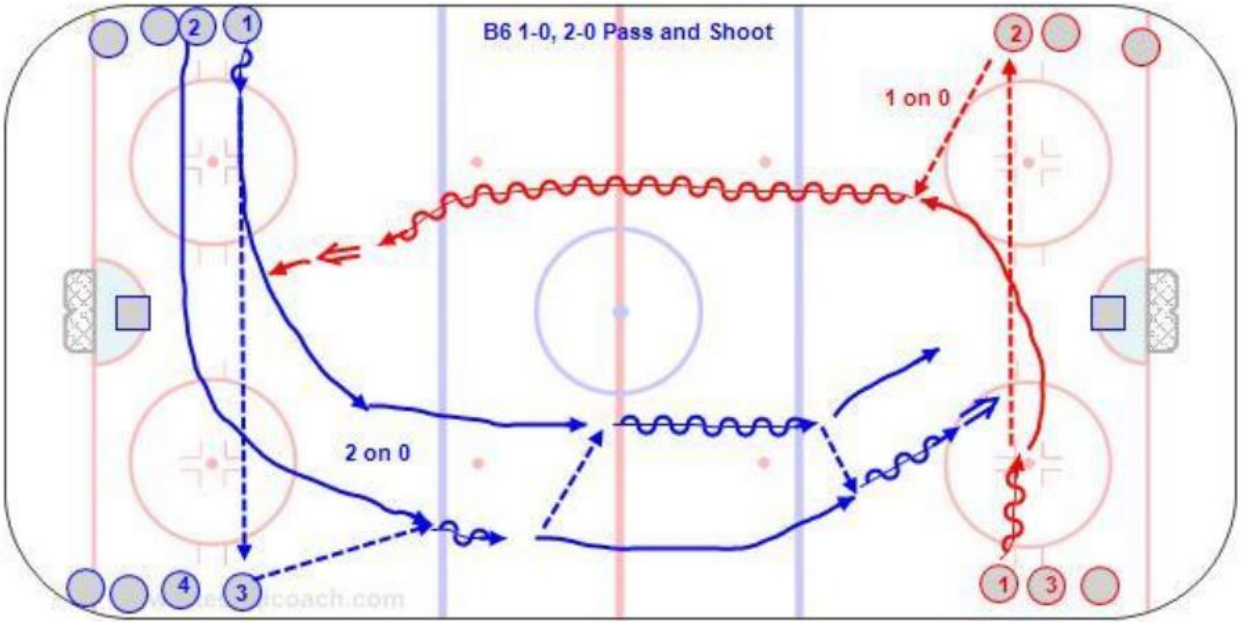
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