

B3 - 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up - U18 F

Key Points:

Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

Description:

1. One then two then three then four then five players leave, one touch in the ozone, shoot, rebound.
2. Next sequence is 5-4-3-2-1 leave the other way.
3. All players make one pass in each zone.
4. In nzone skate figure 8's while facing the puck and making forehand passes.

***When there is only one player do a figure eight or touch both knees.**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111103221612750>

<https://youtu.be/8NpBFzvB4Os>

