

## B4 - Double Cross-Drop-Pass-Shoot Options - College M

### Key Points:

Cross over skate, leave the drop pass as still as possible.

Pass quickly.

Going to the net for a bang in or practicing a one timer from the high slot is also easy to do.

### Description:

#### Option One: Double Drop-Pass-Shoot

- R1 skate around circle and cross-drop to R2
- R 2 gain the blue line and cross-drop to R1.
- R1 either shoot or pass to R2 who shoots.
- Rebound.

#### Option Two: Pass Low and One Timer

- Repeat as in Option One.
- After second drop B1 pass to B3 or B4.
- B3 or B4 pass to R2 who one time shoots.
- R1 and R2 rebound then wait at goal line for a pass from R4.

B5 Double Cross and Drop - HC Dukla U20

[https://youtu.be/ft-T\\_KMohkl](https://youtu.be/ft-T_KMohkl)

B4 - Cross and Drop Sequence – College M

[https://youtu.be/HHHs\\_8VNJwY](https://youtu.be/HHHs_8VNJwY)

