

## D4 - One Pass One Second - Russian U20

### Key Points:

One touch passes and one timer shots are used. Face the play with the stick on the ice and give quick support.

### Description:

1. Play at one or both ends.
2. Transition to offense by making one pass.
3. Puck must stay inside the blue line or defenders get it.
4. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012022209521290>

[https://youtu.be/ekltl\\_Cpdwk](https://youtu.be/ekltl_Cpdwk)

