

B2 - Shooting Defense Rotate High - RB Pro

Key Points:

Face up ice all of the time. Cross and leave. Hit the net. Quick feet.

Description:

1. D are lined up near the blue line with pylons and pucks on each side.
2. R1 skate forward for a puck and then around the pylon.
3. B1 skate around the pylon and behind R1.
4. R1 drop the puck to B1 who Shoots.
5. B1 gets a new puck and skates around the pylon while R1 skate around opposite pylon.
6. B1 drop to R1 who shoots.
7. R2 and B2 repeat on the side with B2 starting.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090812164224924>

https://youtu.be/jTU6H_ulc4A

