

B6 3-0 - One Touch Regroup - 3 Shots and High Cycle - Pro

Key Points:

Face the puck and one touch two passes to start. Shoot while skating and follow the shot for a rebound. This is done out of diagonal corners at the same time.

Description:

1. F1 and F2 leave from the corner and exchange the puck twice with the D1.
2. F1 continue and get a pass from coach in the corner shoots and screens.
3. D1 pivot and Pass to F2 who shoots and screens.

Option B:

4. Red F1 cycle out of the corner and pass to Blue D1 who passes to D2 and he passes to F1 high in the slot and F1 shoots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121024095900228>

<https://youtu.be/sBuOa9j475M>

