

B600 - 2-0 – Pro

Key Points:

Quick hard passes, pass while skating, give a target, face the puck, stay outside.

Description:

1. Players line up at the four blue lines on the boards.
2. Red 1 leave and pass to either Blue 1 or 2.
3. Return pass is made to Red 1 or 2.
4. Reds make one or two passes and shoot.
5. Follow the shot for a rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013031209411766>

<https://youtu.be/zcMWtv43fAs>

