

B600 One Touch x 2 - Diagonal U18 F

Key Points:

Pass hard, face the puck, give a target, cut into the pass, pass while moving, rebound with the stick on the ice, quick feet.

Description:

1. Line up in B600 Formation at each blue line stripe.
2. Diagonal corners leave at the same time.
3. #1 one touch with #3.
4. #1 pass to #2.
5. #2 stretch pass to same colour #1.
6. #1 skate in and shoot.
7. #1 follow the shot for a rebound.
8. #1 circle back and rebound for the next shooter.
9. Repeat from the opposite diagonal corners with #3 leaving.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130409095502827>

https://youtu.be/dKP_RRRHC1w

