

B6 2-0 x 2-Stretch-2-0 - Pro W

Key Points:

Give a target. Pass hard while skating. Shoot while skating from the front of the body. Crash the net for rebounds. Pursue the rebound for a second shot.

Description:

1. Player 1 and 2 leave from diagonal corners; player 1 start on the outside and 2 on the inside.
2. Player 1 pass to 2 and get a return pass.
3. Player 2 cross the blue line and cut across the middle and player 2 continue with the puck.
4. Both player 1's give a stretch pass to the opposite player 2 and head to the net.
5. Player 2 either shoot or pass to player 1 who shoots.
6. Both players crash the net for a rebound.
7. Play the rebound for a second shot.

**Option is to time the drill with a maximum time to score and have a competition.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130930205844862>

<https://youtu.be/6BjOXEqzTRA>

