

B4-B6 - Continuous Pass and Shoot Pro W

Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

Description:

- Start - 1 skate down the boards and shoot and follow the shot for a rebound.
- 2 leave from corner then cross and drop to 1.
- 1 carry the puck wide and pass back to 2.
- 2 pass wide to 3.
- 3 shoot and cross with 4.
- After passing 1 go to corner, 2 to the centre circle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131015151134860>

<https://youtu.be/H9N4O8tdrp8>

