

B600 Pass x 3 Stretch - Pro W

Key Points:

Pass and shoot while skating. Adjust the body and stick to take bad passes. Follow the shot for a rebound and stop at the net. Hit the net.

Description:

- A. Players at the 4 blue lines.
 - B. Leave from diagonal corners and 1 give and go pass to 2.
 - C. 1 pass to 3.
 - D. 3 pass to the other 1 stretching at the far blue line.
 - E. Both 1's shoot.
 - F. Follow for a rebound and stop at the net.
 - G. Repeat with 4's passing to 3.
- Options: rebound for next shooter. Pass to next shooter, screen and tip.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131021142553480>

https://youtu.be/l_cjclP0Gg8

