

B600 Stretch Pass x 2 – Pro

Key Points:

Keep skating all the time. Give a target. Follow the shot for a rebound. Circle back to rebound for the next shooter.

Description:

1. Start at the four blue lines.
2. One's from diagonal corners skate out and back.
3. Two exchange the puck with one.
4. Two pass across the blue line to three.
5. One's stretch and get a pass from three.
6. One's shoot rebound and rebound for the next shooter.
7. Repeat with three's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140113144434663>

<https://youtu.be/xnwWgRC8T5s>

