

B202 - Low-Wide-Middle to Low-Middle-Wide - Pro

Key Points:

Give a target, face the puck, do everything while skating, follow the shot for a rebound, shoot in stride, shoot to score, hit the net.

Description:

Start by passing low-wide-middle-shoot at each end and alternate sides.

- 1 pass low to 2.
- 2 pass to 1 in the wide lane.
- 1 pass to 3.
- 3 pass back to 1 in the middle lane.
- 1 shoots, follows the shot for a rebound.
- 1 becomes the next low passer.
- 2 goes to the back of the line.
- Repeat on the other side.
- Change the drill by 1 skating in the middle lane for the first pass then wide for the second pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140923090314839>

<https://youtu.be/GdSubIHp9II>

