

B600 Regroup-Wall support-Shoot x 2 - Pro

Key Points:

Give a target, face the puck, shoot while skating, follow the shot for a rebound, pass while skating.

Description:

- A. 1 from diagonal blue line skate out and pass to 2.
- B. 2 skate to 'big ice' and pass to 1 who posts up on the wall.
- C. 1 skate in and shoots and follows the shot for a rebound.
- D. 2 get a new puck and repeat by passing to 3 and shoot at the other end.
- E. After shooting rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141026091335255>

https://youtu.be/1MEHn75w_vl

