

B600 - Exchange Puck and Cross Pass – RB Pro

Key Points:

Give a target, face the puck, follow the shot for a rebound.

Description:

1. Players line up at the four blue lines.
2. A and C start from diagonal corners with a puck.
3. A-G and C-E exchange passes and skate around the middle circle.
4. G pass to C and E to A who skate in and shoot.
5. B and D repeat.

* Option is to start with a puck exchange at the blue line then go for the diagonal pass.

* Either screen, rebound or give and go, play 1-1 with the next shooter on 1-0 shooting drills.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150824114018107>

<https://youtu.be/fvbrLoIXGV4>

