

B6 - Jursi 2-0 Skate and Pass x 2 - No Shot - U17

Key Points:

Give a target and keep skating while you pass and receive. Face the puck on the turn.

Description:

1. Two groups of players line up at far dots and the top of the circle.
2. Two players start down the wing passing.
3. The skill is to pass and receive while skating and not having to coast before making a pass.
4. Use wrist and not slap passes.
5. Give a target and absorb the pass then conceal the next pass within the stickhandling motion.
6. Pass to the first player in line at each end and the middle player swing to the wide lane.
7. Repeat up and down the ice.
8. Coaches work with the goalie at one end.

** With goalies a shot can be added with the middle player shooting and the inside player swing into the middle lane.*

** Various passes like one touch, cross and drop, one player skate backwards can also be done from this formation.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820111517566>

<https://youtu.be/sEor-Dfk5yo>

