B6 3-0 Weave-Regroup at Far End – U17

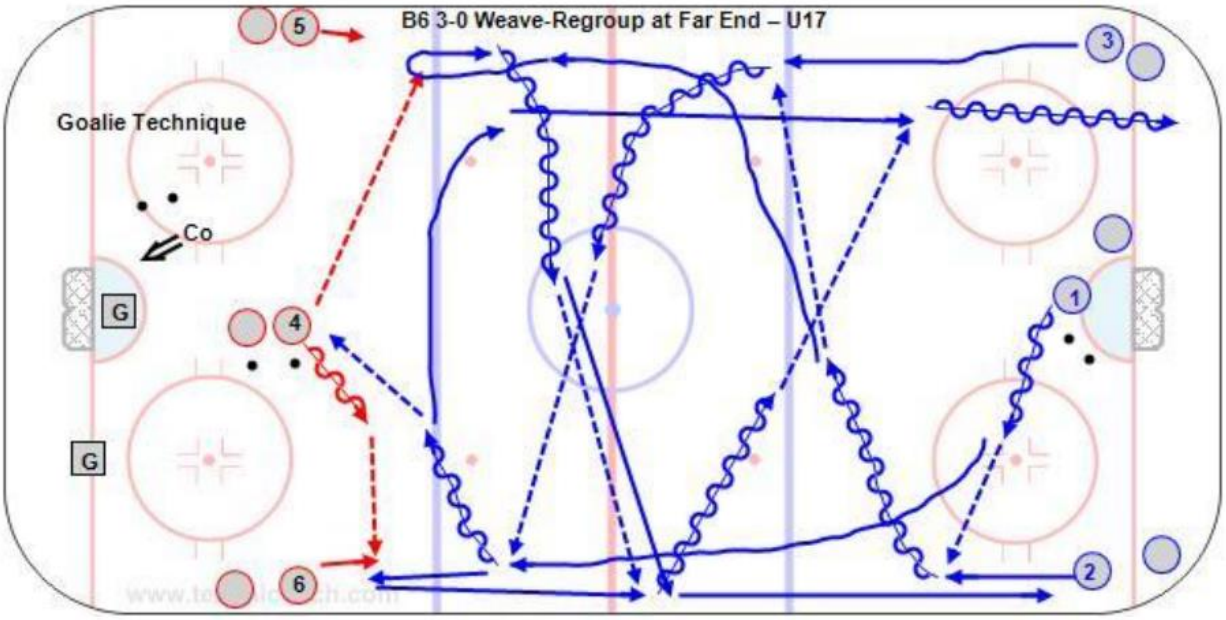
Key Points:

Principles: Pass while skating and then follow the pass and take the ice behind the puck carrier.. Fill the 3 lanes. Skate to the “big ice” between the dots when you get the puck. Pass to the outside lane, skate to the inside lane.

Description:

A. 1 pass to 2 and follow the pass.
B. 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.
C. 3 pass back to one, follow the pass.
D. 1 regroup with 4 and 1-2-3 fill each lane.
E. 4 pass to 1 or 3 on the strong side.
F. 1-2-3 weave the same way and attack with a triangle and stop at the original end.
G. 4-5-6 follow and repeat the other way.

U17 Weave No Shot
http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820104922991

NHL Players - Weave With a Shot
http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141025100818703

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https://youtu.be/ItwsFCb-bkg