

B202 - Nzone Regroup 1-0 - Czech U20

Key Points:

Face the puck and give a target, shoot while skating, make a feint before shooting.

Description:

1. Players are in two lines at opposite blue lines facing each other.
2. Player one leave and get a pass from two and one touch pass back.
3. Player one swing to the wide lane and get a second pass from player two.
4. Player three repeats with player four in the opposite direction.
5. Player one shoot, follow the shot for a rebound.
6. After the shot circle back and rebound for the next shooter.

** The original shooter could also screen one touch pass or play a 1-1 vs. the next shooter.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816221506836>

<https://youtu.be/lHzxpbAdB6k>

