

B600 - Red-Blue-Red-Blue-Pass-Shoot - Czech U20

Key Points:

Give a target, shoot and follow the shot for a rebound, shoot to score, shoot where the goalie ain't, shoot where the goalie is coming from and not where he is going.

Description:

- A. 1 and 3 leave from diagonal blue lines and skate to the red line and back.
- B. 1 and 3 skate forward around the middle circle and get a pass from 2 and 4.
- C. 5 and 7 leave, skate up, back around and get passes from 6 and 8.
- D. Shoot, follow the shot for a rebound and then rebound for the next shooter.

* Progression is to give and go with the next shooter or defend and play a 1 on 1.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816224916779>

<https://youtu.be/7ZvDL71djCw>

