

B600 - Pass and Shot Warm-up – MRU

Key Points:

Quick feet, give a target, one touch pass, shoot, follow the shot, rebound, one timer.

Description:

One Touch

- 1 skate backward and exchange passes with 2.
- 1 exchange passes with 3 on the other side.
- 1 shoot, rebound and rebound for next shot.

Double Cross and Drop

- 1 leave across ice and cross and drop with 2.
- 2 skate into the offensive zone and cross and drop with 1.
- 1 cross pass to 2.
- 2 cross and drop to 1 in the neutral zone.
- 1 skate over the blue line and pass to 2 who takes a one timer shot.
- 1-2 go for the rebound.

