

G-B4 - 3-0 Rim to G - Wide BO x 2 - U18 M

Key Points:

Practice goalie stopping the puck behind the net and setting it up so D1 can easily pick it up. This is done with both sides going at the same time with one D and two F.

Description:

1. Red and Blue D1-F1-F2 leave from opposite sides.
2. F1 rim the puck behind the net.
3. G1 skate behind and set up the puck.
4. D1 pick up puck and pass to F1 or F2.
5. D2 step out and D1 go back to circle.
6. F1 or F2 rim behind other net.
7. G2 go behind and set puck up for D2.
8. D2 pass to F1 or F2.
9. F1-F2 rim puck and leave.
10. D3-F2-F3 repeat the flow on each side.

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https://youtu.be/mEINz699_LU

