

B4-B6 - D-F x 3 - D Pass Wide-3-0-Pt Shot x 2 - U20 M

Key Points:

Forward and defense one touch pass then D make a wide pass and follow the play while the two forwards attack the net and shoot. D follow and get a pass from a F and skate inside dot for a shot while the two F screen and tip. Focus on crisp flat passes.

Description:

This drill is done from both sides.

1. D1 skate backward and exchange passes with F1
2. F2 skate up wide lane and get a pass from D1.
3. F2 cross blue line and pass to F1 who shoots.
4. D1 follow to point.
5. Either F get puck in corner and pass to D1.
6. D1 skate between dots and shoot.
7. F1-F2 screen and tip.

B4-B6 - D-F x 3 - D Pass Wide-3-0-Pt Shot x 2 - U20 M

<https://youtu.be/wAf52kTUqTE>

