

B4-B6 - Quick Up x 2 - Point Shot - U18 M

Key Points:

D1 get a pass from the corner and pass to F1 on one side. Get a pass from the same corner and pass to F2 on the other side. Both F1-F2 Shoot then screen on the point shot from D1. Quick feet and pass hard. Coaches can give resistance to the forwards.

Description:

1. D1's leave from the middle circle and get a pass from F1.
2. D1's skate to wide lane and pass to F1.
3. F1's skate in and shoot then skate into the neutral zone..
4. D1's get a pass from F2's on the same side and skate around the circle to the wide lane.
5. F2 skate over the blue line in the middle lane and curl toward the boards.
6. D1's pass to F2.
7. F1-F2 skate in and shoot.
8. D1's skate inside the blue line, get a pass from F3's.
9. D1's shoot while F1-F2 screen and tip.

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https://youtu.be/_AdfPbDyUH0

