

B6 - Passing 2-0 and 3-0 Wide. Middle. Wide Lanes - U15 G

Key Points:

Warm up passing with a partner skating forward up and down the three lanes and then alternate one skating backward and two forward passing in the three lanes. Pass with quiet one touch wrist passes.

Description:

1. Start at the hash mark and two players skate out.
2. Two players skate down the three lanes exchanging passes.
3. Start at the hash on the other side and three players exchange passes.
4. One player skates backward while the other two skate forward and rotate each lane.

** Option is to do the three lanes twice and start the 3-0 from the same place.*

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https://youtu.be/KLEyOi_aJRI

