

B4-B600 - D Quick up x 2 – Pass to Coach - Shot - U15 F

Key Points:

Forwards face the puck and give a target. Defense make crisp wrist or snap passes while skating. Forwards focus on keeping the stick blade square to the pass, especially on the backhand.

Description:

1. Forwards at the blue lines and defense in the middle.
2. Defense at each blue line skate forward - get a puck.
3. Forwards from diagonal side skate up to the red line and pivot for a pass.
4. Defense each pass to a forward on the opposite wing.
5. Defense repeat by skating back to the blue line and up to get a new puck.
6. Defense now pass to a second forward who pivots for a pass on the other wing.
7. Forwards skate in and take a shot then follow the shot for a rebound.
8. Defense get a third puck, pivot at the blue line then give and go pass with a coach and take a point shot.
9. First forward screen and second circle back to rebound for the next shooter.

<https://youtu.be/uKuZOC1U4gM>

