

B6 - S Passing - 10 Pass - Catch and Release - College W

Key Points:

One touch pass while skating. Pass and follow the pass. Catch and release shot on the last pass.

Description:

A - One from diagonal corners skate and give and go pass to 2 at dot in neutral zone.

B - Two pass across to 3 on the opposite dot.

C - Three give and go pass to 1.

D - One skate an S pattern in and out of the blue line.

E - 3 pass across to 2.

F - 2 pass to 1 who cuts to the middle.

G - 1 skate and give and go pass with 4 on the goal line.

H - 1 shoot with a catch and release.

I - 5 repeat

I - 1 follow the shot for a rebound.

J - 1 change places with 4 to give and go with the next shooter.

* Options:

- 1 circle out and rebound for next shooter, then move to goal line. - Role one.

- 1 defend a 1-1 vs the next shooter. - Roles one and three.

- 1 cover next shooter who passes low and fights to gets open for a pass from 4. - Roles one, two, three.

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https://youtu.be/O6Xf2G_svtY

