

## B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

### Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

### Description:

1. One leave and get a pass from two, who leaves and pass from three, leave and a pass from four..
2. Follow the shot for a rebound before getting the pass.
3. Skate to next blue line with linear crossovers and repeat 3 more zig zags at other end.
3. Do skills while zig zagging 3 times such as;
  - a, carry the puck with the hands and feet moving all the time.
  - b. carry the puck only using the forehand side of the stick.
  - c. only use the backhand side of the stick.
  - d. transition skate facing the far end forward to backward to forward.
  - e. skate backward.
  - f. 360 degree turns.

B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

<https://youtu.be/vA4EchKwVhE>

