B6 - 2-0 Pass to Corners or Moving Player – Pro

Key Points:

Always face the puck and give a target. Pass and go for a return pass. Stick to stick passes. Hard and flat wrist passes.

Description:

- 1. Players are in four spots. At each blue and goal line.
- 2. Player 1 -2 leave and skate full speed in a circle making as many passes as they can.
- 3. Pass to each other and the four corners.
- 4. Shoot and follow the shot.
- 4. After a certain amount of passes or on the whistle attack the net and shoot.
- 5. Maximum of one pass allowed while attacking the net.

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119120038152

https://youtu.be/RHB8ysAJwFw

