

B6 – 2-0 Regroup 3-0 Middle Lane Drive – Pro

Key Points:

Do the rushes at full speed. Hard flat wrist passes. Fill the three lanes and the player in the middle drive the net hard ready for a pass or rebound. If there is no pass available choose to shoot or pass of the pads. One time the puck on a cross pass. Hit the net.

Description:

1. P1 cross and drop to P2.
2. P3 carry the puck and regroup with P3 at the other end.
3. P3 skate to the 'big ice' between the dots and pass to P1 before the blue line.
4. P3 skate hard to the net and stop.
5. P1 pass across to P2 who one times the shot.
6. P4 and P5 repeat from the other end of the ice.

* P1 could shoot to score, make a pass off the pads to P2 or pass to P3.

* Weak side attacker save ice and be ready to shoot from near the dot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170402101502776>

https://youtu.be/g_KbJa3a6LM

