

B2 Pass x 3 Shoot U22 and U18F

Key Points:

One touch the passes and face the puck all of the time. Follow the shot for a rebound and give a target.

Description:

1. Two leave from the top of the circle.
2. Exchange puck with 2 at the dot.
3. Face the puck and exchange a second time skating to the outside of the circle.
4. Skate to the inside facing the puck and get a third pass from two and shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115094626269>

Repeat the same sequence on the other side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130201091807144>

