## C600 - RG 1-1 x 2 - RB Pro

## **Key Points:**

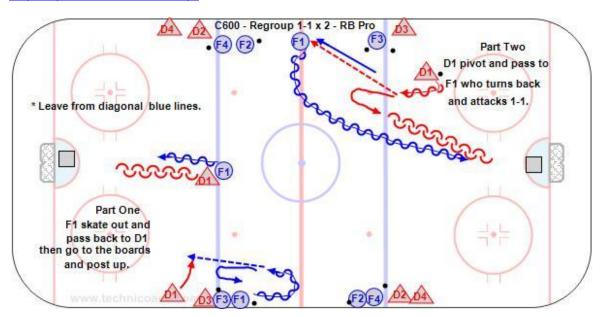
Both the attacker and defender keep skating. Attacker face the puck and give a target and the defender skate to keep a tight gap.

## Description:

- 1. Players start from all four blue lines and two leave from diagonal corners.
- 2. D1 skate back and get a pass from the F1.
- 3. F1 pivot to the boards and face the puck for a pass from D1.
- 4. F1 skate to the red line and turn back to attack vs. D1.
- 5. F2 and D2 be ready to repeat from the other blue lines.

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150627154234572

## https://youtu.be/vG5CA2tZMyc



<sup>\*</sup>This drill could also be done 2-1.