

B2 - Shot-Pass-Shot x 3 x 2 x 2 – Pro

Key Points:

Pass and shoot while skating. Make firm one touch wrist passes. Hit the net.

Description:

1. Players line up at the red line with pucks facing each end.
2. P1 in middle leave and shoot.
3. P1 turn and exchange passes with P2 on the right who shoots.
4. P2 turn inside and exchange passes with P3 on the left who shoots.
5. P3 skate into the middle lane and exchange passes with P4 in the middle who shoots.
6. After passing the player replace the player they passed to.
7. Continue this rotation.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171119101355948>

<https://youtu.be/sIO0FFCnd3g>

