B600 2 x One Touch and Stretch Pass - Pro W

Key Points:

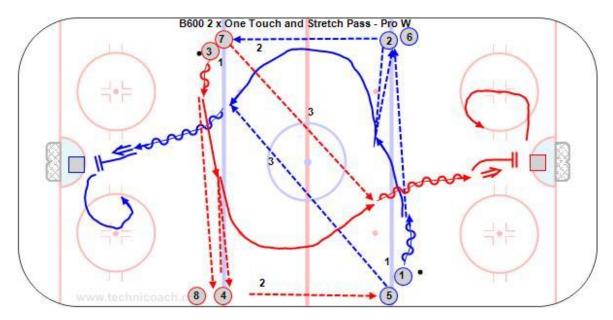
Skate while passing and give a target. Time skating to stay onside and accelerate when you get the puck.

Description:

- A. 1 and 3 leave from diagonal blue lines, exchange passes with 2 and 4.
- B. 2 and 4 pass up the boards to 5 and 7 while 1 and 3 skate for a stretch pass.
- C. 5 pass to 1 and 7 pass to 3 who shoot. 2 and 4 repeat.

http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20150518111901483

https://youtu.be/XPuFJBRz8YQ (Subscribe to Female drills)



^{*} Rebound, exchange passes or defend 1-1 with the next shooter.