

## B5 Cross and Drop Sequence

### Key Points:

Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave.

Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

### Description:

1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.
2. Drop the puck on the other side of circle.
3. Stay onside and 4 shoot then both rebound.
4. #3 pass to 4 who drives to the net.
5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound.

### Options:

- a: one, two or three players leave at a time.
- b. after shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3.
- c. give + go with last shooters. etc

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20091019154512198>

