

B6 3-0 One Touch Regroup - 3 Shots

Key Points:

Face the puck and one touch two passes to start. Shoot while skating and follow the shot for a rebound. This is done out of diagonal corners at the same time.

Description:

1. F1 and F2 leave from the corner and exchange the puck twice with the D1.
2. F1 continue and get a pass from coach in the corner shoots and screens.
3. D1 pivot and Pass to F2 who shoots and screens.
4. Red F1 cycle out of the corner and pass to Blue D1 who shoots from the point.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121019093156592>

