

B5 B600 1-1, 2-1

Key Points:

Quick feet for both the F and D. Forwards face the puck, give a target and skate into the pass.

Description:

Full ice 1-1 and 2-1

- 1a. D get a pass from the circle.
- 1b. F get a pass from the boards and shoot then rebound.
2. D skate backward inside blue and pivot. F skate at D.
3. D pass to F and F attack 1-1 vs D
4. Do on both sides.
5. You can also do a 2-1.

