

B600 Give and Go x 3 x 2 - Shoot – Pro

Key Points:

Pass and shoot while skating, give a target, keep the hands away from the body, keep the puck in the sweet spot.

Description:

- A. Leave with a puck from diagonal corners.
- B. One touch pass in this order 1-2-3-4 and 3-4-1-2.
- C. Next pass in the other direction in this order 4-3-2-1 and 2-1-4-3 .
- D. Follow the shot and rebound.
- E. Circle back and rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014102809043486>

https://youtu.be/_m93XHAQqEY

