

B5 - 3 Give and Go x 3 – Shoot - Rebound

Key Points:

Face the puck all of the time and keep moving in a semi circle with stick on the ice.

Description:

- 1 exchange passes with 2 from about 5 metres skating in an arc.
- 3 exchange passes with 4 after the second pass.
- After 3 passes 1 and 3 shoot.
- 1 and 3 follow shot and rebound for next shooter.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100820101216223>

