

B6-B600 – 2-0 Cross and Drop – Random Multiple Passes – Pro

Key Points:

Make as many passes as possible and only one pass in the offensive zone. Use hard wrist passes with no slapping noise. Give a target, face the puck, shoot while skating, follow the shot for a rebound. Add P1-P2 stand on the blue line and exchange passes with next attackers, or defend 2-1 or 2-2.

Description:

1. Start 2-0 from opposite corners P1 cross and drop with P2 inside the zone.
2. Pass to any of P3-P4-P5-P6 at the blue lines.
3. P1-P2 skate around the middle circle and cross.
4. P3-P4-P5-P6 make as many passes as possible before P1-P2 go offside.
5. Pass to P1 or P2 before they cross the blue line.
6. P1-P2 attack 2-0 with a max of one pass in the offensive zone.
7. P1-P2 rotate to the near blue lines. P3-P4 move down to the corner.
8. P7-P8 leave from the opposite end and repeat.

* Have a contest to see which end can make the most passes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170401102801858>

<https://youtu.be/-nuMrHIMdfY>

