

## B202 - Passing and Shooting on Both Nets

### Key Points:

One touch pass. Shoot while skating and always follow the shot for a rebound with the stick on the ice.

### Description:

Greens on one side and whites on the other side at the red line. Each shoot at a different net.

#### *Sequence One*

- 1 pass across to 2, 2 back to 1, 1 back to 2 back to 1 who goes in and shoots with the feet moving, follow the shot for a rebound and then circle back to rebound the next shot before returning to the line.

#### *Sequence Two*

- Same two give and goes and then give and go with the last shooter who is on the goal line and shoot without handling the puck. Pass to the next shooter and after you pass step out and look for a rebound.

