

B5 Overspeed Skate-Pass-Shoot

Key Points:

Do everything at top speed. Pass, shoot, skate, rebound, backcheck.

Description:

1. Player 1 and 2 leave on the whistle exchanging the puck quickly.
2. Shoot and rebound.
3. On the whistle skate back over the blue line as fast as possible.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090805115344598>

