

B6 Pass and Replace Flow

Key Points:

Pass hard, face the puck, move your feet, call for the pass, give a target.

Description:

1. Get a pass from 2 and return pass
2. 2 skate to big ice and pass to 1
3. 1 skate down, shoot and follow the shot
4. 2 skate into nzone and give and go with 3
5. Repeat on both sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090728110101526>

