

B - Hinge Rotation

Key Points:

Skate quickly up the side or to the middle while your partner creates a hinge below in the middle or above on the wall.

Description:

1. A1 carry the puck wide and pass back to A2 in the middle.
2. A2 now carry the puck wide and pass back to A1.
3. A1 skate and pass to B1 who repeats the passes in the other direction.
4. A-B-C's do the same.
5. Next repetition A1 skate to the middle and pass wide and up the ice to A2.
6. Third rep A1 skate across and drop to A2 and they switch sides.

