

B6 One Touch x 3 and Shoot - U18

Key Points:

One touch pass. Firm stick and follow through at the target. Both line move all the time.

Description:

B6 from diagonal corners down each side of the ice. Start with one player at each line and one extra behind.

- A. 1 skate and give and go with 2.
- B. 1 give and go with 3.
- C. 1 give and go with 4.
- D. 1 go in and shoot-rebound and become 5.
- E. 2-3-4-5 keep moving forward after each pass.

Continue this flow from each side and then move to the other side and change directions.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120226094511455>

<https://youtu.be/JqTaJ-OSLqc>

