

B6 Swedish Puck Exchange U18 F

Key Points:

Pass while skating. This exchange overloads the nervous system and works on quick reactions. Add more passes and tasks as the players improve.

Description:

A. Player 1 from each line skate and exchange pucks two times.

B. Players continue skating, shoot and follow the shot for a rebound.

Options:

C. Screen for the next shooter.

D. Circle back and rebound for next shooter.

E. Give and go with the next shooter.

F. 1 and 2 exchange passes with diagonal 1 and 2 and all get a pass.

G. Three players leave and exchange passes.

H. After shooting defend 1-1 vs next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120315092804984>

<https://youtu.be/KF9mkO0TbVo>

