

B4 - 2-0 Shot - Rebound – Shot - Finnish Pro

Key Points:

Shoot while skating and aim at the far pad. It is really a shot pass off the goalies pad when the shooter sees he has no openings and #2 is going hard to the net.

Description:

1. Start in the B5 formation with the players inside the middle circle.
2. Each #1 leave to the wide lane and get a pass from #2.
3. #1 Skate wide and shoot from outside the circle and shoot low to the far pad to create a rebound.
4. #2 go hard to the far post and be ready to shoot in a rebound.
5. Repeat the other way with each #3 leaving and getting a pass from #4.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121108160612789>

<https://youtu.be/0HCgSpXnpeU>

