

B6 - 3-0, 4-0 Pass-Regroup-Shoot - Pro

Key Points:

Pass hard, give a target, call for the pass and fill all three lanes. Leave in groups of 3 or 4. Make sure everyone gets at least one pass in each direction.

Description:

1. Three or four leave from one end.
2. Skate to the big ice and pass.
3. Cross the far blue line and turn back.
4. Attack with a triangle or box.
5. Three or four at the other end leave when the original players regroup.

Alternative is to pass and regroup with a player at the other end to practice a deep breakout.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101201091116573>

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<https://youtu.be/vN3gzdRj12k>

