

B4-B600 - BO 2-0-Point Shot x 2 - Sw F

Key Points:

Defense skate to the 'Big Ice' between the dots before passing. Forwards time skating to be available when the passer turns up ice. Give a target, go through the neutral zone quickly, hit the net, follow the shot, one screen and one be available for a shot pass.

Description:

1. Forwards leave from the middle and along the boards in the neutral zone, D from the blue line.
2. D1 go back for a puck at the top of the circle.
3. F1 support from the middle and F2 along the boards.
4. D1 pass to F1 or F2 and follow the play.
5. F1-F2 attack-shoot-rebound then screen tip.
6. D1 pick up a puck inside the blue line, skate to the 'Big Ice' and shoot.
7. Come out hard on the whistle.
8. D2-F3-F4 repeat.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=2&s=2017010311354039>

<https://youtu.be/t-RCQG6PIlg>

