

B600 - RG x 2 with Point Shots - Pro W

Key Points:

Face the puck, give a target, do everything while skating, delay, shoot, screen, tip, shot pass. One F support on the wall and another in the middle.

Description:

1. F and D start from diagonal blue lines on each side.
2. F1 and F2 skate and regroup with D1 on each side.
3. D1 pass up to F1-F2 who attack and shoot.
4. Coach spot a new puck inside the defensive blue line.
5. D1 retrieve the puck and pass up to F1 or F2.
6. F1 or F2 delay at the hash mark and pass to D1 at the point.
7. D1 drag and shoot while one F screen and the passer head to the net for a shot pass.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150515091213976>

<https://youtu.be/5SiyN4ERhml>

