

B202 – Shoot –Breakout - Pass Wide - Shoot x 2 – Pro

Key Points:

Give a target, face the puck, follow the shot for a rebound before getting a new puck, pass hard, screen or rebound for the next shooter.

Description:

Players line up along the boards and the middle with two lines facing each way.

1. #1's Start with a shot from the far wing.
2. Get a new puck from the corner and pass to 2 in the middle.
3. #2 make a quick up to 3 in the wide lane.
4. #3 shoot, follow the shot, get a new puck in the corner and pass to 4.

*Continue this flow and players rotate shooter to boards and then to the middle. Do this from both sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140918093638947>

<https://www.facebook.com/518555930/videos/pcb.822805298629269/382654183284795>

This is the same drill but it starts with a coach pass to the shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141004090034594>

https://youtu.be/5_BzFxaYxpk

