

C600 - RG 1-1 x 2 - RB Pro

Key Points:

Both the attacker and defender keep skating. Attacker face the puck and give a target and the defender skate to keep a tight gap.

Description:

1. Players start from all four blue lines and two leave from diagonal corners.
2. D1 skate back and get a pass from the F1.
3. F1 pivot to the boards and face the puck for a pass from D1.
4. F1 skate to the red line and turn back to attack vs. D1.
5. F2 and D2 be ready to repeat from the other blue lines.

**This drill could also be done 2-1.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150627154234572>

<https://youtu.be/vG5CA2tZMyc>

