

## B600 2 x One Touch and Stretch Pass - Pro W

### Key Points:

Skate while passing and give a target. Time skating to stay onside and accelerate when you get the puck.

### Description:

- 1 and 3 leave from diagonal blue lines, exchange passes with 2 and 4.
- 2 and 4 pass up the boards to 5 and 7 while 1 and 3 skate for a stretch pass.
- 5 pass to 1 and 7 pass to 3 who shoot. 2 and 4 repeat.

\* Rebound, exchange passes or defend 1-1 with the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20150518111901483>

<https://youtu.be/XPuFJBRz8YQ> (Subscribe to Female drills)

