

B600 - Give and Go x 2 - Sw F

Key Points:

Always face the puck and give a target. Make quick wrist or one touch passes. Keep the top hand away from the body. Follow the shot. Rebound, one touch or defend the next shooter.

Description:

1. A leave and exchange passes with B on the other side.
2. B skate and give a return pass to A who skates back into the neutral zone.
3. A skate in and shoot and follow the shot for a rebound.
4. A either:
 - a- Rebound for the next shooter.
 - b- Give and go with the next shooter.
 - c- Defend 1-1 vs. the next shooter.
5. B repeat exchanging passes across the ice with C.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2017010210074899>

<https://youtu.be/0Dw8Czycd9U>

