

Title : C-pass Give and Go

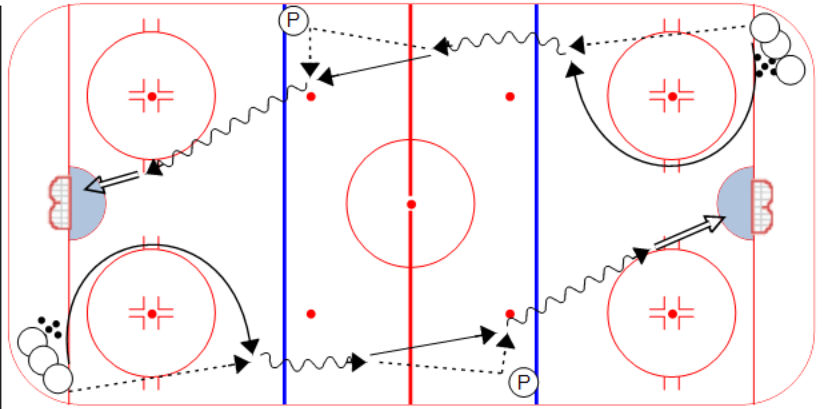
Category #1 :

Category #2 :

**Description**

1. First player in each line leaves without a puck, skates the "C," then receives a pass from the next player in line at about the top of the circle.
2. After receiving the pass, the puck carrier skates into the neutral zone and executes a give and go pass with (P).
3. After picking up the return pass, the puck carrier steps into the high slot and lets a shot go.

More Drills and Skills at  
<http://weisstechhockey.com/blog>



Key points :