

Title : C-pass Give and Go

Category #1 :

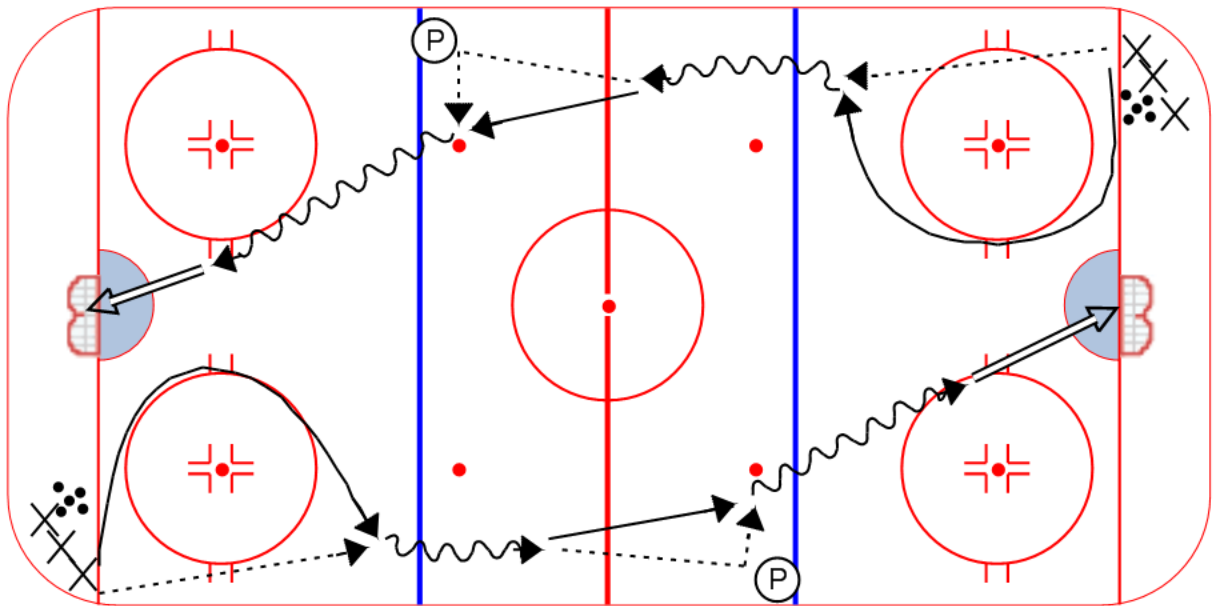
Skating

Category #2 :

Passing

Content elements:

Components :



Key Points :

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### 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>