

Title : Double Bank Pass

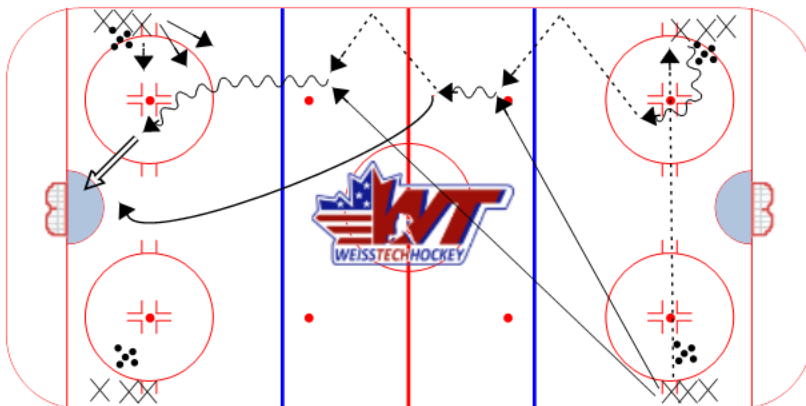
Category #1 :

Category #2 :

Description

1. 4 lines, each with pucks
2. On whistle, two players leave from diagonally opposite lines.
3. The first player fires a cross-ice pass to the opposite line, then skates up ice to receive the first bank pass.
4. Receiver steps out to create a good passing angle, then executes a bank pass to the player who passed to him.
5. The second player skates further up ice, timing it to be ready to receive the second bank pass from the first player in his line.
6. Both players attack 2 on 0.

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



Key points :