

Title : Synchronized Passing

Category #1 : Passing

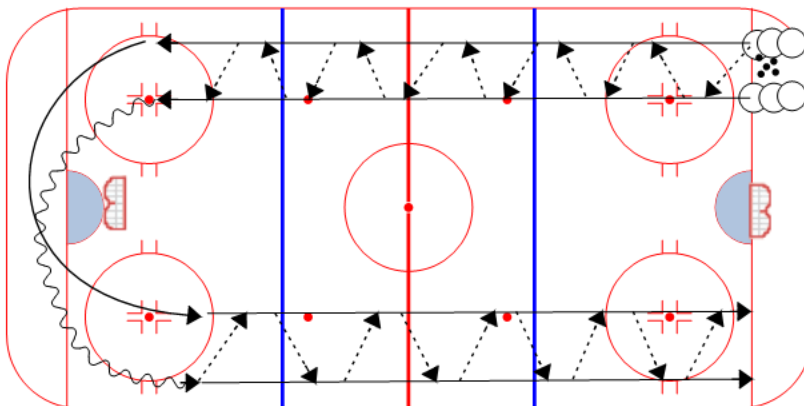
Category #2 : Accuracy

### Description

1. Players line up about 2 stick-lengths apart in corner
2. Players skate down the ice, passing back and forth (cushioning while receiving, sweeping while giving)
3. At the far end, players criss-cross (move the net forward if you need more room), and come back passing back and forth

Notes: Encourage players to incorporate the weight transfer into their stride while giving and receiving the passes. Giving a proper "sweep" pass, will put the player in the right position to execute a proper "cushion" when the return pass comes. As players' ability improves, have them skate faster, and increase the distance between them.

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### Key points :

Cushion & sweep in motion

Incorporate weight transfer into stride

Work forehand and backhand