

Title : 3 Pass and Shot Drill

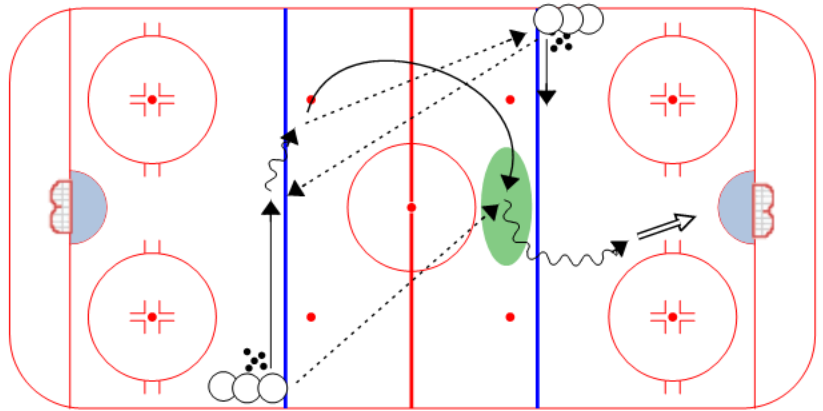
Category #1 : Passing

Category #2 : Timing

Description

1. Players line up in two lines, at the blue lines
2. Each line has pucks
3. On the whistle, the first player from each line skates across the blue line and receives a pass from the opposite line
4. The receiver controls the pass and gives a pass back to the player who passed to him
5. After giving the return pass, the player circles around, presenting himself as an option in the receiving zone, where he receives a pass from the line he originally left from
6. Receiver turns up ice and takes a shot, then skates to the back of the other line

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Key points :

Passing

Timing

Receiving Zones