

Title : Full Ice 3-pass & Shot

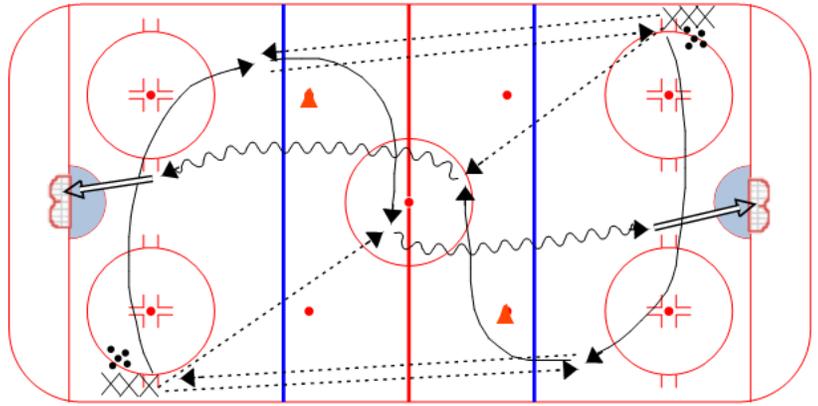
Category #1 : Passing

Category #2 : Timing

Description

1. players leave respective lines and skate across the ice
2. receive a pass from next player in line, and quickly return the pass
3. loop to receive the final pass from the same line they each player left from - receive the puck IN FRONT of the red line
4. cut up ice and take a shot

More Drills and Skills at www.weisstechhockey.com



Key points :

timing

passing & receiving

explosive skating

shoot in stride