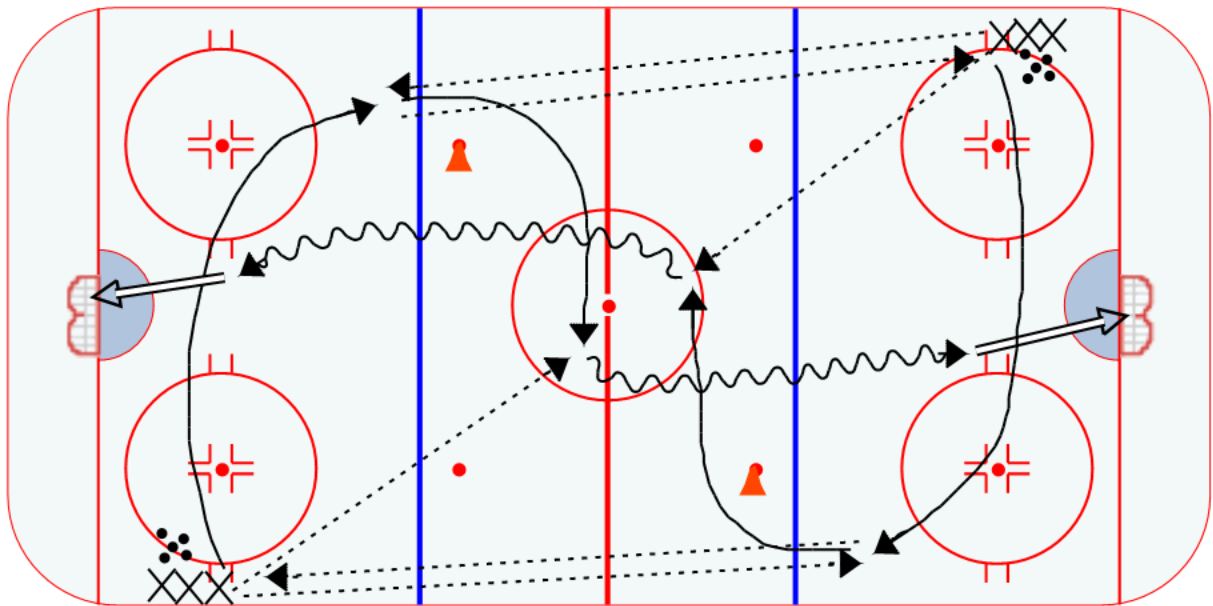


**Title :** Full Ice 3-pass & Shot**Category #1 :** Passing**Category #2 :** Timing**Content elements:****Components :****Key Points :**

timing

passing &amp; receiving

explosive skating

shoot in stride

### 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/blog](http://www.weisstechhockey.com/blog)