

Title : Butterfly Passing

Category #1 :

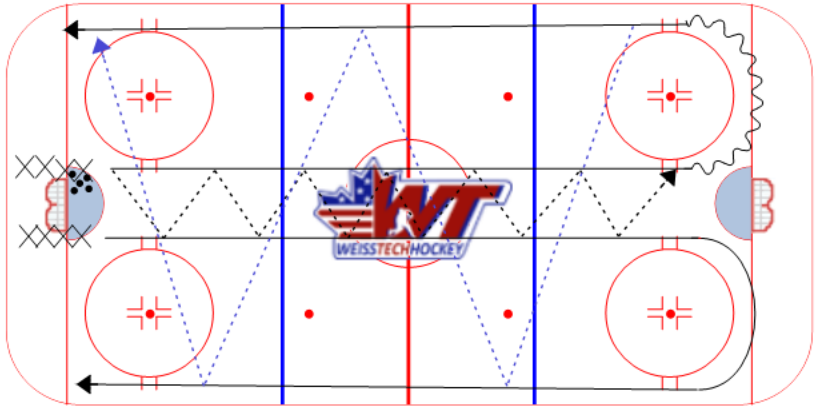
Category #2 :

Description

- Two lines at one end, the width of the goal posts
- Players skate in pairings all the way down the ice, passing back and forth while maintaining stride
- At far end, players peel off, around the bottom of each's respective circle, then skate back making cross-ice passes back into the zone they started from

Variation: have d-men skate backward

<http://weisstechhockey.com>



Key points :