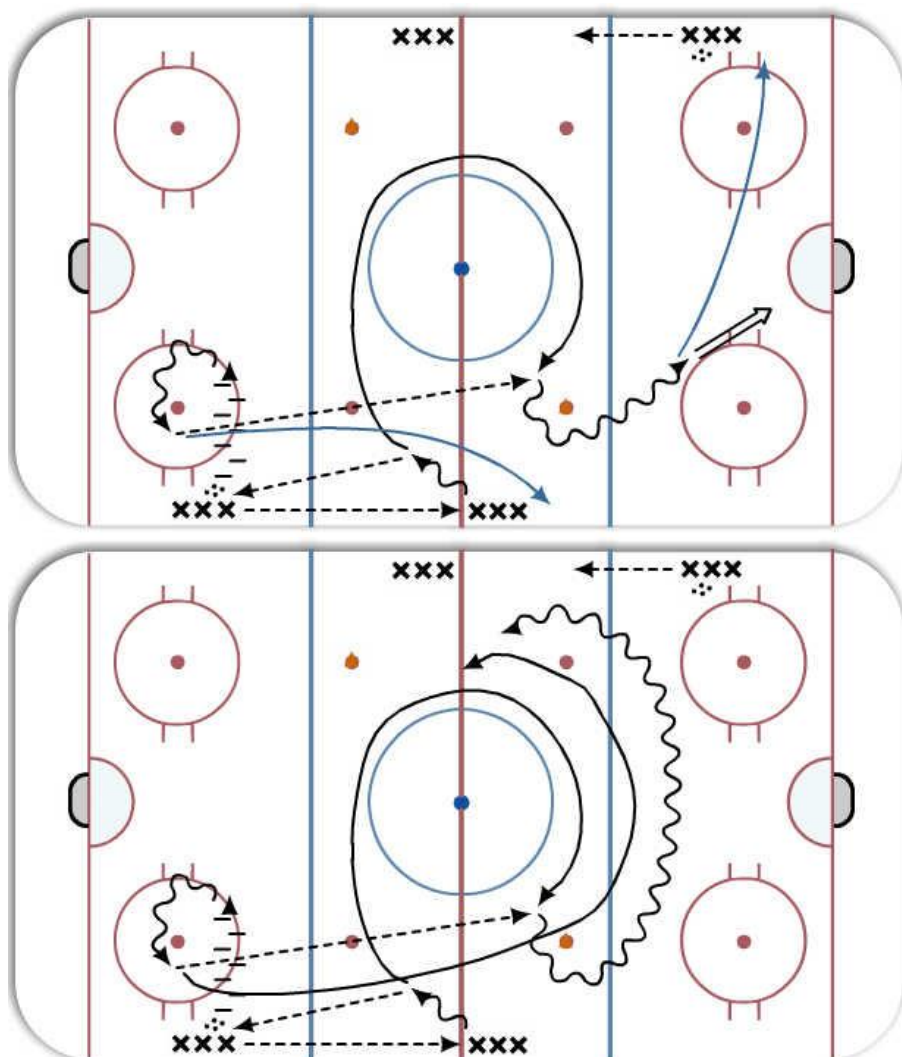


Slovakian 3 Pass & Shot



Key Points

Passing
Timing
Agility Skating
<http://weisstechhockey.com>

Description

1. Player from low line passes to the first player from the line at center ice.
2. One-touch pass back, then loops around the center circle.
3. Player from low line receives pass, then executes side-step crossovers to the far side of the circle, powerturns out of the crossovers, and hits the other player with a long pass.

More Drills and Skills at <http://weisstechhockey.com>

(this drill came from Jan Bednar of Slovakia)

Notes

Variation - Same set-up as above, except play ends in a 1 on 1 (see diagram #2)