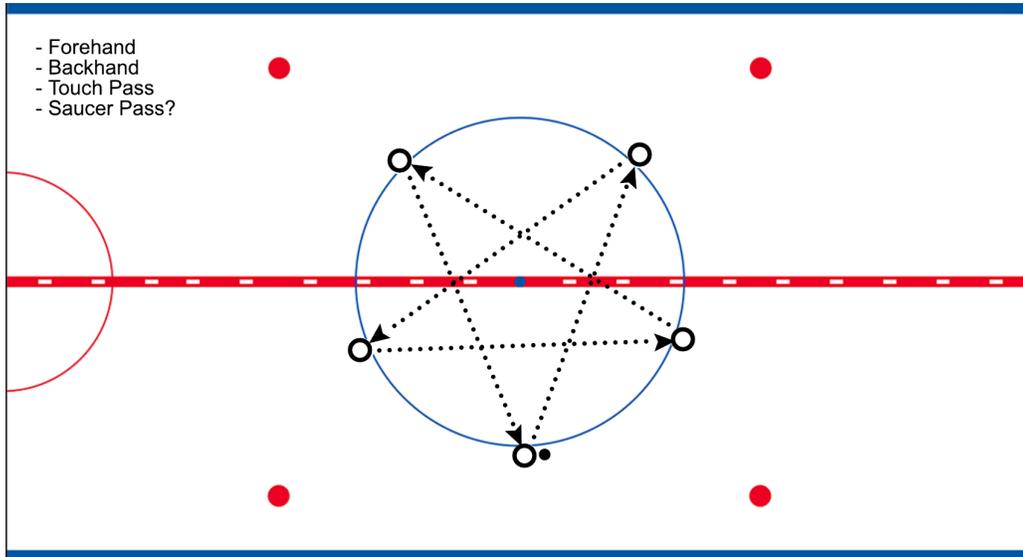




Circle Passing: 5- Man Version

Drill Name : Circle Passing: 5-Man Version from <https://weisstechhockey.com>



Key Points :

- Designate which pass type you want to work on.

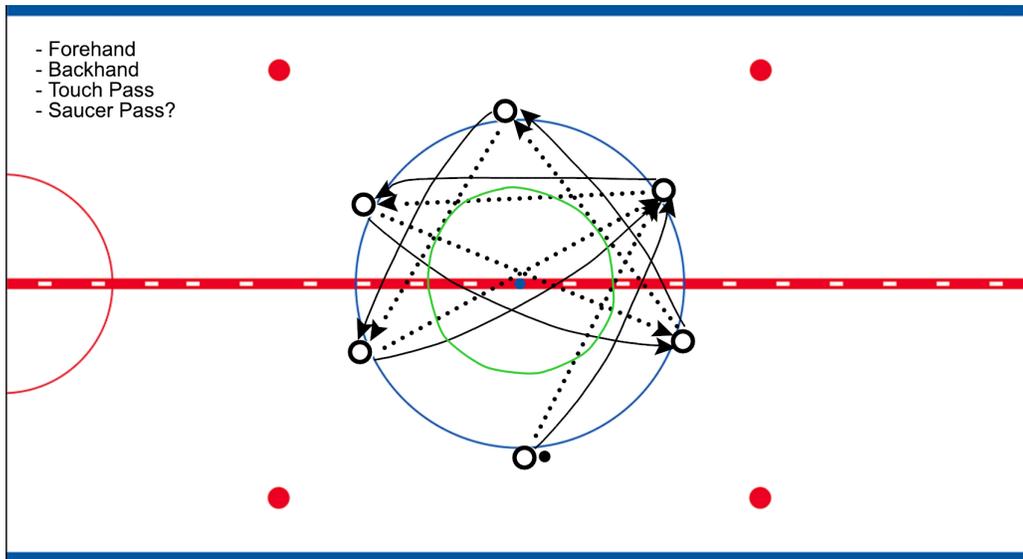
Description :

1. 5 players spread out around the circle
2. Skip a player and pass to the next player
3. Continue



Circle Passing: 6- Man Version

Drill Name : Circle Passing: 6-Man Version from <https://weisstechhockey.com>



Key Points :

- Designate which pass type you want to work on.
- If running touch passes, have the players skate into the pass.
- When done well (on touch passes), most puck touches will take place inside the green circle.
- As players improve it becomes even more important to SPRINT to the next position. If not, they'll get in the way of the passes in the middle, and they won't be in position to receive their next pass.

Description :

1. 6 players spread out around the circle
2. Skip a player and pass to the next player
3. Follow pass
4. Continue