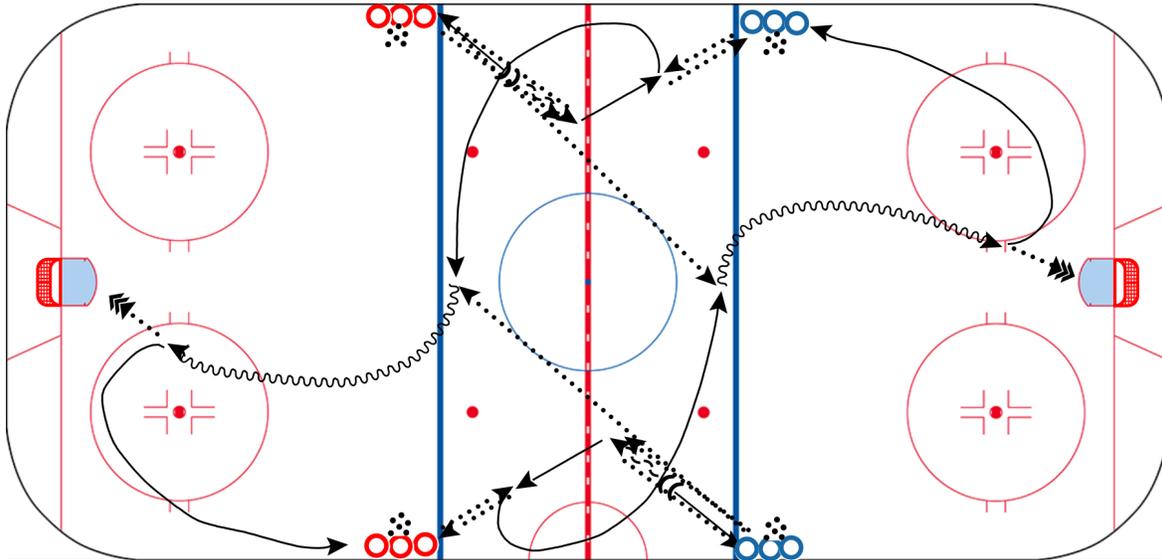




# 5 Pass One Touch

Drill Name : 5 Pass One Touch from <https://weisstechhockey.com>



## Key Points :

- - One player places themselves in front of each net to screen original shots then move out to a rebound position
- - After shot, the shooter takes the screen position in front of net. Work on screening the release of shot.

## Description :

1. Player takes a step towards middle ice, pivots, receives pass from next player in line, then passes back to him
2. Player now receives pass from first player in the other line, and passes it back to him
3. Player now makes a sharp turn to attack across the blue line for long lateral pass from diagonal line then goes in for shot