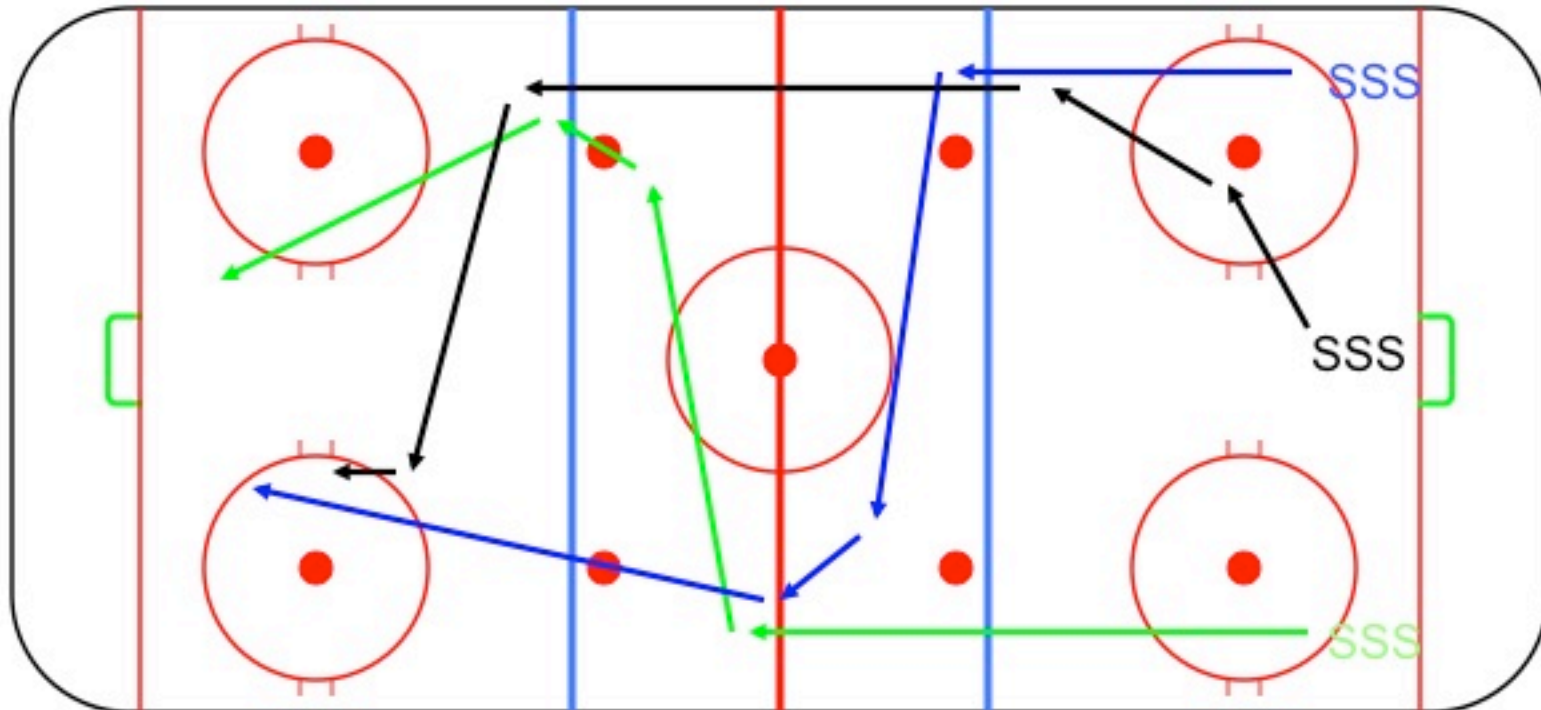


3 on 0 Follow Your Pass

Skilled Mites and Above
5-10 Minutes



Description

Objective

Progression

Players will line up in three lines along the goal line at one end of the rink. In this drill the center will start off by passing to one of the forwards, then the 3 will go down the ice 3 on 0. By always skating to where you recently made a pass, the skaters will create a "weave" pattern.

To develop passing and skating ability and to support the concept of multidirectional movement in the offensive attack

None

