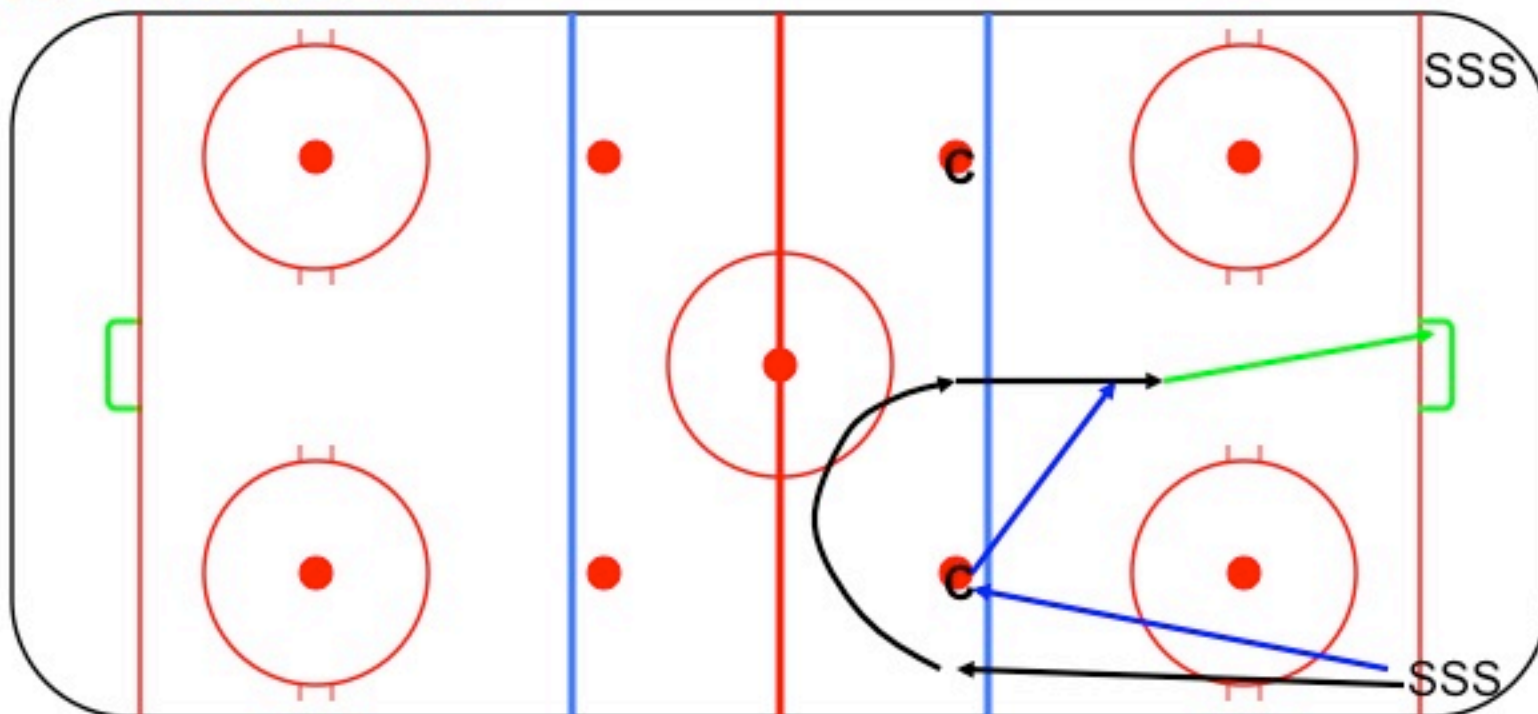


Pass To Coach Then Re-enter and Catch Pass

All Levels
5-10 Minutes



Description

Players will line up in the corners on one half of the ice. In this drill the skater will be lined up in the corner, he will start the drill by throwing a pass to the coach who is at the blue-line, the skater will skate around him, re-enter the zone and receive a return pass from the coach, then go to the net and shoot.

Objective

To develop initial passing, skating, and shooting technique

Progression

1. Skate straight out to the Blue Line
2. Do one full rotation of crossovers on the near circle before skating out to the Blue Line and making the pass.