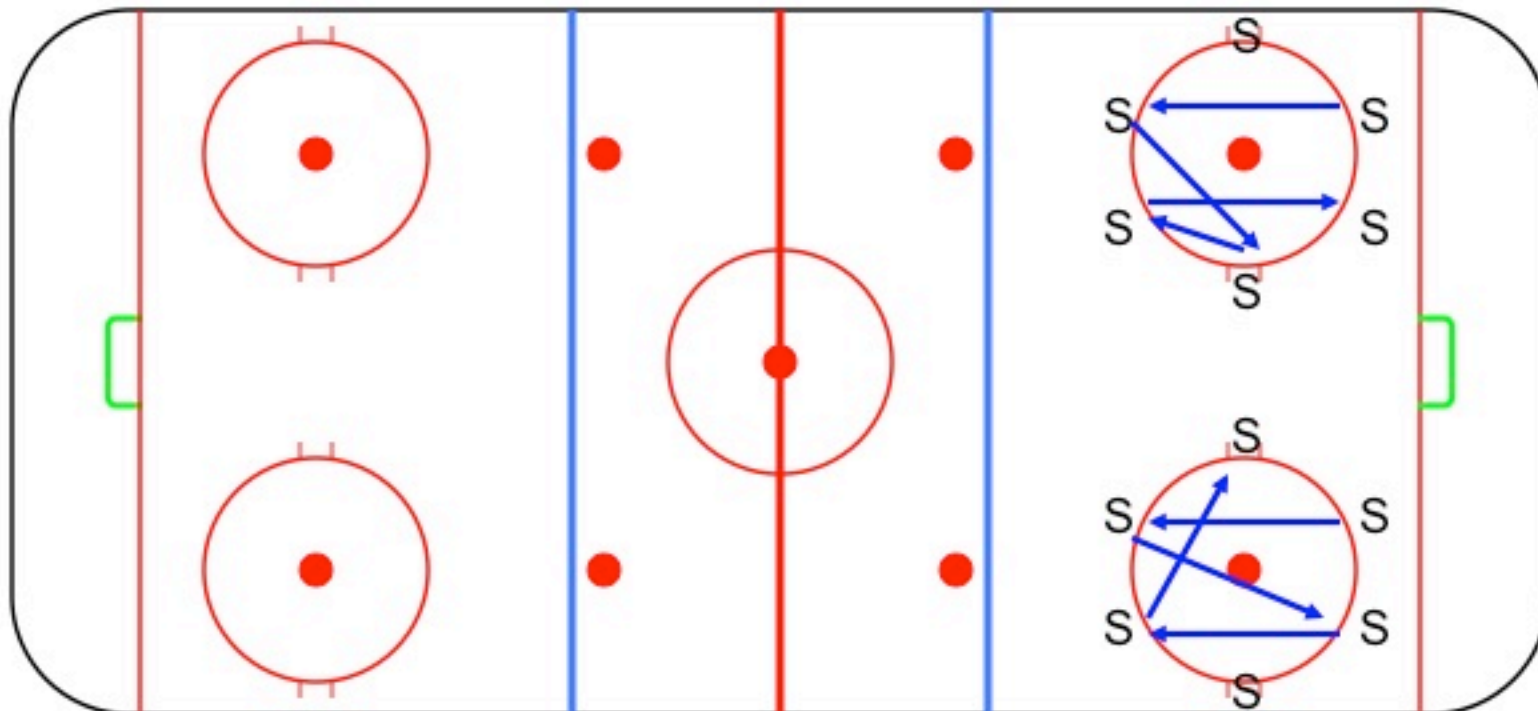


# Passing on Circles (One Touch)

All Levels  
3-5 Minutes



## Description

Players will find a position on one of the two face off circles at one end of the ice. A puck will be introduced and the players will pass the puck to anybody else in the circle, eventually making those passes very quickly. They will work on forehand, backhand, one-touch, and saucer passes in this way as they progress.

## Objective

To develop initial passing technique and feel

## Progression

1. Forehand – BCD Mites
2. Backhand – BCD Mites
3. One-touch – CD Mites
4. Saucers – D Mites

