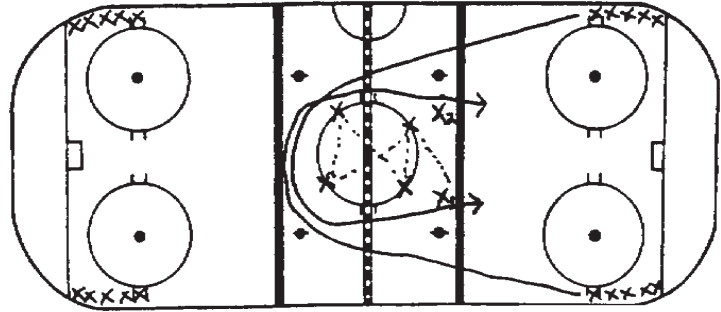


GROUP PASSING

PURPOSE: To generate quick puck movement.

SET-UP: Position four players evenly around the center ice circle. Split up the remaining players in lines starting at the hash marks on the boards in all four corners of the rink. On the whistle, X1 will pass the puck to a player in the center circle and X1 and X2 will skate out around the center ice circle. Meanwhile,



the four players at center will pass the puck back and forth between them (each player should touch the puck at least once). The puck is returned to the skaters who proceed on a 2-on-0 on the goalie at the end that they started at. A whistle will then start Y1 and Y2 from the other end. For variety, have the skaters stop at the far blue line and return back to their end for a shot. Work on all types of passing – advanced players should touch pass the puck. Give each group of players five or six