

## LOOP PASS 1 ON COACH

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**PURPOSE:** Warm-up drill to develop timing and positioning skills in passing and receiving.

**SET-UP:** Players begin in a single file line along the boards at the red line as shown. Drill starts with the first player moving along the red line, then down around the face-off circle as shown, careful to look back over his shoulder at the next player in line who will pass him the puck. The second player in line times his movement across the red line so that he makes his pass from the side of the face-off circle to the first player as he crosses the red line. The first player receives the pass, makes a move on a coach stationed at the blue line and shoots on goal. The drill runs continually from this set-up.

