

LATERAL PASS – 1 ON 1

PURPOSE: Breakout puck movement and gap control.

SET-UP: Begin with four lines in opposite corners (one line of forwards and one line of defensemen at each end). On the whistle, the forward skates across the ice without a puck. The defenseman begins to move with the puck towards the middle of the ice. The defenseman then makes an outlet pass to the forward on the move. After he releases the pass, the defenseman moves up the ice quickly to close the gap, and pick up the forward who is attacking from the opposite end.

