

PUCK CONTROL AND PASSING DRILL

PURPOSE: To work on stopping the puck behind the net, being aware of the situation arising, and either setting up the puck behind the net or passing it to a teammate.

SET-UP: Players are lined up at the red line on either side of the rink. One player shoots the puck in along the boards, forcing the goaltender to stop it behind the net. The player skates along the boards entering the zone and has the option of picking the puck up behind the net from the goaltender, or stopping at the hash mark to receive a pass from the goaltender. At that point, the puck carrier moves up the ice to shoot at the other end.

