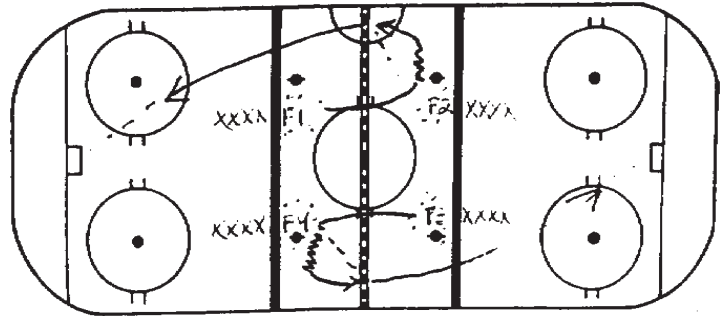


PIVOT 1 ON 0

PURPOSE: To improve forward's pass receiving positioning skills and to work on pivoting and agility.

SET-UP: Set up players in four lines as shown. On the whistle, F1 and F3 skate towards F2 and F4. Before reaching the other line F1 and F3 pivot (always facing the man with the puck) and head up ice receiving a pass from F2 and F4 respectively. F1 and F3 skate down on a



1 on 0, take a shot, then return to their lines. The focus of this drill is making sure the pass receiver never takes his eye off the passer, positions his stick in front of him to receive the pass (even on the backhand), and keeps his feet moving. Then F2 and F4 execute the drill. After a few minutes, rotate the lines.