

STICKHANDLING AND PASSING PROGRESSION WARM-UP

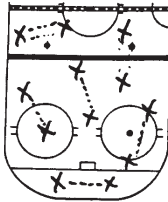
PURPOSE: To work on stickhandling and passing skills while warming up your players at the beginning of practice.

SET-UP: Players should be paired up with a partner and spread out around the ice as shown, about two stick lengths apart and no farther (can be done half-ice or full-ice). Coach directs players through a progression of stickhandling and passing drills to get them warmed up and give them a feel for the puck before moving onto more difficult drills

1. Across the Body Passing

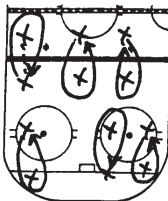
Have players stand shoulder to shoulder on their forehands so they have to pass the puck across their body to best simulate passing laterally to a linemate while moving up the ice.

Have each pair do 30 passes on their forehand and then 30 on their backhand.



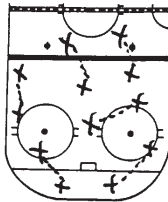
2. Tight Turn Puck Control

One player carries the puck around his partner working on turning sharply while protecting the puck, then returns to his spot. At this point he passes the puck to his partner who repeats the exercise. Have players do 3-4 turns to their left and to their right.



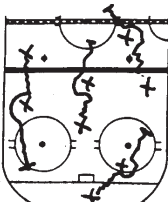
3. Use the Skates Passing

While standing shoulder to shoulder again, players should pass the puck in their partners skates, forcing them to angle their skate blades to receive the puck and direct it up to their stick. Have players make 20 passes, receiving the puck with their skates. Then have the players face each other and make 20 passes, using the inside of their skate blades to kick the puck to their partner. The players should not use their stick at all, making and receiving the passes using only their skates.



4. Stationary One-On-One

One player stands stationary with legs spread about shoulder width apart and stick on the ice in front. The other player moves with the puck toward him and makes a move around him, working

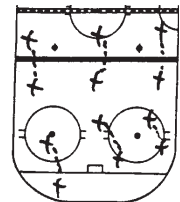


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on faking, quick puck movement and keeping his feet moving. He stops about two stick lengths behind him and turns around to repeat the exercise (5 or 6 times) before switching roles with the stationary partner. The stationary player should not try to check the puck carrier.

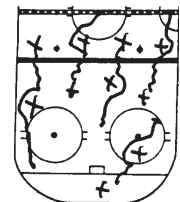
5. Straight Ahead Passing

Have the players stand facing each other with the toes of their skates pointed straight ahead at one another (to best simulate passing the puck straight ahead while skating). Players should do 20 passes on their forehand and 20 on their backhand.



6. One-on-One

Repeat the stationary one-on-one drill except now the stationary player tries to poke check the puck carrier. If the puck carrier succeeds in getting around the defender, he should turn around and come back at him again. If the defender succeeds in checking the puck carrier, he now becomes the puck carrier and attacks his partner. Be sure that players are always attacking their partner, not skating away from them.



7. Touch, Saucer & Hard Passing

Have players stand one stick length apart, facing each other and touch pass with their partner 40 times. Have players back up to four stick lengths apart and make saucer passes to their partner, working to get the puck up in the air and landing it flat. Have players stand four stick lengths apart and pass the puck as hard as they can on their stick of their partner to work on making and more importantly, receiving good hard passes.

