

SWEDISH DRILL

PURPOSE: Puck control and passing in traffic.

SET-UP: Form two lines, one on each side of the ice, at each blue line facing the ends of the rink. On the whistle, a pass is made from one of the players at each end to a coach at the top of the circles. The first player in each line then swings deep in the zone (at least below the top of the circle) and one of the two receives a pass from the coach. They then proceed up the ice 2 on 0 to shoot at the other end (keeping heads up in the neutral zone to avoid the 2 on 0 coming at them from the other end). With more advanced players, the coaches can be replaced by defensemen (one, or two with a D-to-D pass before the pass to the forward).

