

SHORT PASS – LONG PASS

PURPOSE: This is a warm-up drill that develops passing skills while reinforcing to players that a short pass has a better chance of success than a long pass.

SET-UP: Players form two lines in the middle lane of the ice at once. Each set of two players passes the puck with short passes up the middle of the ice. At the far end, the players turn toward the boards and then make long passes to each other

between the two outside lanes as they return back down the ice. Players should be able to make a large number of short passes and only two or three long passes due to the length of the pass and the traffic in the center lane.

