

MOOSE JAW DRILL

PURPOSE: To improve pivoting and pass receiving skills, as well as creating a passing lane while always facing the puck.

SET-UP: The first player starts out backward without a puck and receives a pass from the second player in line just before he reaches the blue line. The second player, after making the pass, pivots from forward-to-backward-to-forward, always facing the puck carrier, receives a pass and moves up-ice to shoot. As an option, the second player can follow up for a pass (simulating a defenseman coming late into the offensive zone).

