

BASEBALL

PURPOSE: A fun drill to improve passing skills and a great way to end practice.

SET-UP: This can be played at both ends of the rink simultaneously. The fielding team spreads out on their half of the ice, while the batting team lines up in the corner with the batter on the goal line. The batter “hits” by shooting the puck wherever he desires. If the puck is caught in the air, if he shoots it over the boards, or if he shoots it over the center ice red line without it touching a fielding player, the batter is out. Once the batter “hits”, he has to skate out around two cones in the neutral zone and back behind the net. The fielding team must retrieve the puck, make three passes (four different people must touch the puck) and score before the batter reaches home base (crossing behind the net). Once three outs have been made, the teams change positions. The number of passes and the length of the trip around the bases should be adjusted for the age and skill level of players.

