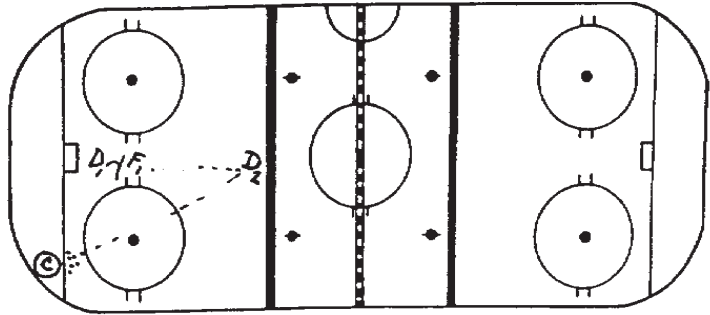


6 PASS DRILL

PURPOSE: To improve the scoring ability of the forwards and slot area defensive play of the defensemen.

SET-UP: An offensive defenseman is stationed at the blue line. An offensive forward (F1) is positioned in front of the net. A defensive defenseman (D1) will be positioned in front of the net attempting to cover F1. A coach starts the drill from the corner (the coach has pucks). The coach begins the drill with



a whistle. The coach will attempt to make up to six passes, either to F1 directly in the slot for a shot on goal if he gets open, or to the point man for a shot from the point. If the coach passes to the point, F1 tries to create a screen and deflection, and D1 attempts to move F1 out of the way and lift his stick so that he cannot deflect the puck. The drill continues until all six pucks have been used.