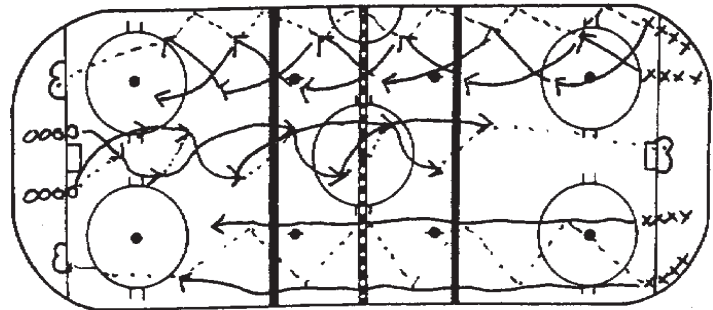


3 LANE PASSING

PURPOSE: To improve passing skills for younger players, and/or warm up older, more experienced players.

SET-UP: Divide the ice into three lanes (if you have access to three nets, place them at the end of each lane). Divide players into six lines, two in each lane. In lane #1, players will move down the ice, passing the puck to their partner off the boards – forcing the open man to skate



to the puck and retrieve the pass off the boards. The passer, after releasing the pass, would move to the open area. In lane #2, players will pass to their partner, then follow their pass. In lane #3, players would be positioned on their forehand side (rights on the right and lefts on the left) and touch pass the puck the length of the ice. In all three lanes, once the players reach the opposite end, they would take a shot, and backcheck back into their original line. After a few minutes, coaches rotate the lines so that each player gets to work at all three stations.