

GIVE & GO WITH DEFENSE

PURPOSE: Timing and creating passing lanes.

SET-UP: A defenseman from each end loops deep to receive a pass from the corner. The forward times his move and loops toward center ice, positioning himself for a pass from the defenseman. The forward attacks the net, shoots, then goes into the corner to retrieve a puck, which he will then pass to the next looping defenseman. The drill should be continuous at both ends.

