

It is important in any practice to let players get warmed up and feel the puck – start out slow with easy stationary drills that build on one another to where the players have had success, gained confidence and are more likely to succeed at more difficult drills. The following stationary passing drills are a good way to start a practice (5-10 minutes).

STATIONARY PARTNER PASSING

Players stand two stick lengths apart, shoulder-to-shoulder, sticks on the ice in ready position.

FOREHAND PASS (x50)

BACKHAND PASS (x50)

EXCHANGE PASS (x30)

Both players start with a puck. Players exchange passes, making and receiving the pass in one motion, which allows them to practice concentration and technique. This makes players aware that their partners have to be ready before they will be able to receive the pass. Conduct this drill on both the forehand and backhand.

OPPOSITE HANDS PASS (x30)

Players hold their sticks the opposite way (i.e. left-handers hold their stick right-handed and vice-versa). This is an excellent way to reinforce the midline principle.

RECEIVING WITH SKATES (x30)

Players must make a pass into their partner's skates and learn to angle the skate blade to deflect the puck up to their stick when receiving.

TOUCH PASSING (x50)

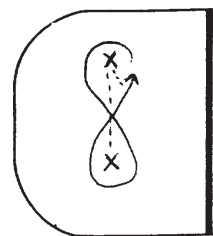
Players stand stick length apart, facing each other with sticks on the ice, touch passing continuously.

FLIP OR "SAUCER" PASSING (x50)

Players stand 25-30 feet apart, facing each other, passing the puck up in the air back and forth.

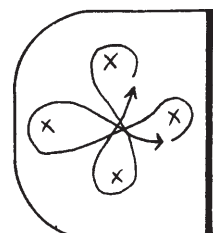
FIGURE EIGHT PASSING

Two players stand about 15 feet apart, facing each other. A third player skates a figure 8 around the two stationary players. All three players should have their stick on the ice and the puck should be moving from player to player via touch passes.



DOUBLE FIGURE 8 PASSING

Four players stand stationary and two players move in a figure 8 pattern as pictured. Two pucks are passed between six players. Skaters must keep their heads up and move the puck quickly. More advanced players should try to touch



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