

USA DRILL

PURPOSE: To create good pass-receiving position. Also a good warm-up drill.

SET-UP: Set up four lines, one at each blue line facing center ice. Pucks should be at the front of each line. X1 and Y1 loop opposite each other, and receive a pass from the first man (X2 and Y2, respectively) in the diagonal lines. They proceed to take a shot on goal. After passing, X2 and Y2 loop to receive their pass. Alternate sides. For young players, start the sides on the whistle.

