

3-PLAYER / 6-PLAYER PASSING

PURPOSE: To improve passing technique to a moving target in a confined space.

SET-UP:

3-PLAYER PASSING (see “A”) – Two players are standing stationary, facing one another and spaced about 15-20 feet apart. A third player will skate a figure 8 around the two stationary players and all three of them will pass the puck

as quickly as possible between themselves. Coaches should make sure that each player gets an opportunity to rotate through all three spots.

6-PLAYER PASSING (see “B”) – This drill is the same as the one above with the exception that you are trying to create more traffic and force the skaters to keep their heads up and react quicker. Position four players in a stationary position and two skaters will skate a figure 8 in a diagonal manner. Coaches can have players move the puck in groups of three, or you can allow for all players to pass to one another – using two pucks at the same time.

