

## **LATERAL PASS – EXCHANGE PASS**

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**PURPOSE:** Puck movement with warm-up.

**SET-UP:** Begin with two lines in opposite corners (X and O). On the whistle, the first player in each line begins without a puck. He skates across the ice and receives a pass from the second player in his line. After he receives the pass, he immediately exchanges a pass with the player from the other line, then proceeds down the ice to shoot on the goaltender.

