

## FIGURE 8 PASSING

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**PURPOSE:** To help the defenseman protect the puck, use the net as a shield against a forechecker, and make direct, accurate breakout passes to the wingers.

**SET-UP:** Pucks should be scattered approximately 10-15 feet to the left and right of the net (near the boards and behind the goal line). A defenseman starts behind the net.

On the whistle, he will skate in a figure 8 manner, picking up a puck, protecting it as he turns toward the end boards and making a direct pass to the winger on the other side. He then continues the same thing in the other direction. After four to six passes, the next player would go. Make sure that the defensemen are passing the puck directly to the winger and are releasing the pass before they cross the goal line (this will have a longer way to go to cover both players).

