

LEVEL 4
DRILL
4

Passing: Pre-Game Warm-Up

PURPOSE: To warm up the goaltender with shots from two different angles and to warm up the players with skating, passing, receiving, and quick shooting.

METHOD: Players form three equal groups, as in the diagram. The first player in line from group A gives a leading pass to the first player in line from group B, who takes a shot on goal as soon as he crosses the blue line. The player from group A who gave the pass starts immediately toward center ice, cuts at the face-off dot and skates toward the net. As he crosses the blue line, he receives a pass from the first player in the line from group C and shoots, all in the same motion. The flow of players from group to group is as follows: the players from group A move to group C; players from group B to A; players from group C to B.

IMPORTANT:

- Shoot immediately and avoid slapshots.
- Do not deke the goaltender; the next shooter is right behind you.
- Start the drill by shooting into the goaltender's pads.

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- ▲ Marker
- Shot
- △ Player, with indication of direction
- Player skating without the puck
- Player skating with the puck
- Path of puck when passed
- ≡ Drop pass
- Backwards skating without the puck
- Backwards skating with the puck
- f Forward
- d Defenseman

