

LEVEL 1
DRILL
3

Puckhandling: Using Various Fundamental Skills

PURPOSE: To improve puck control and stationary passing.

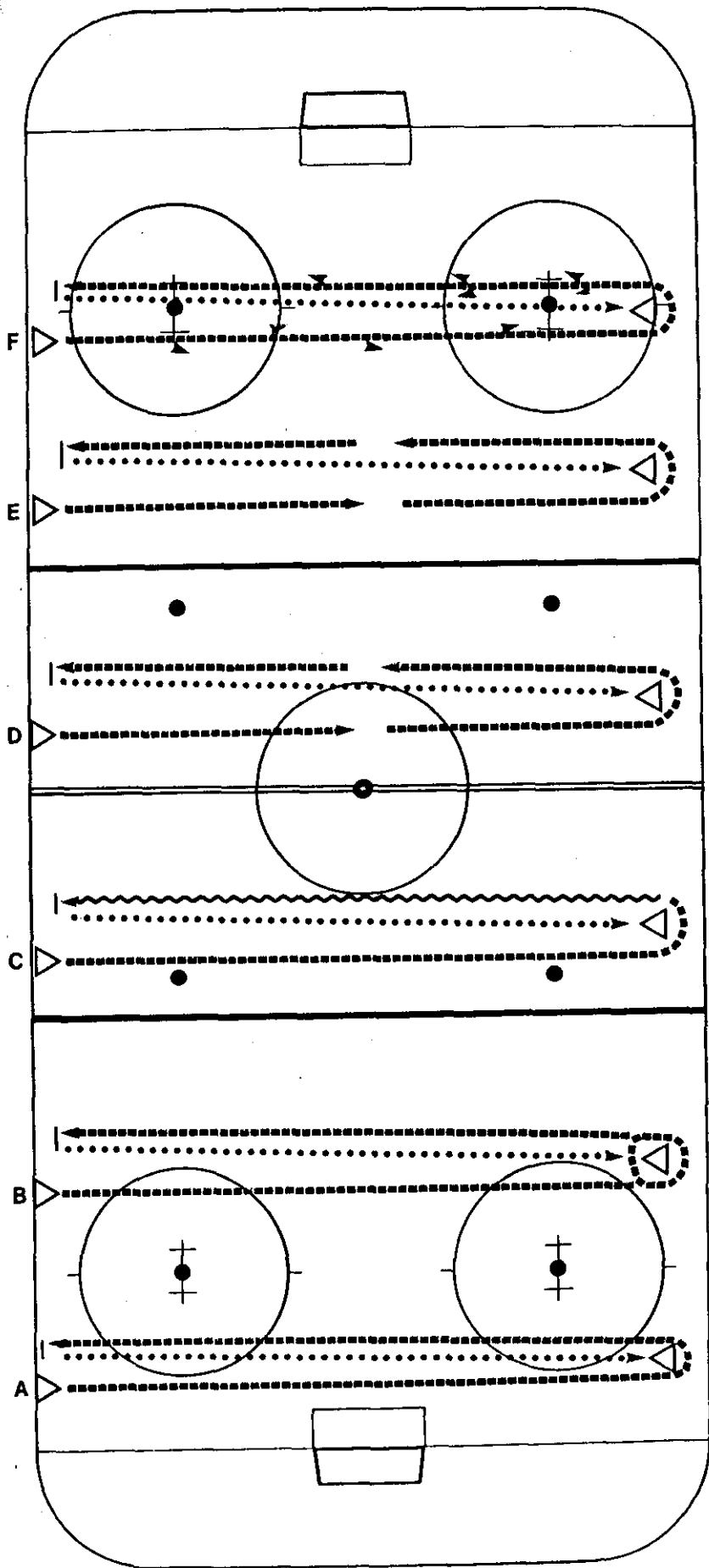
METHOD: Players form two groups, one along each side of the ice. Each member of one group has a puck and a partner in the second group. Each player with a puck skates across the ice carrying the puck, pivots around his partner, and returns to his starting point. The puck is then passed across to the partner, who repeats the pattern.

This progression should follow:

- A. Stickhandle forward, repeating the pattern described in the original drill.
- B. Stickhandle forward and circle partner once before returning to the original position.
- C. Skate forward carrying the puck, pivot around the partner and return, skating backwards.
- D. While carrying the puck, fall to both knees at mid-point on the way over and back.
- E. While controlling the puck, spin completely around going over and coming back.
- F. While skating across the ice, make a series of single fakes; on the way back, perform a number of double fakes.

IMPORTANT: Keep head up and maintain control of the puck. Make both backhand and forehand passes to partner.

LEVEL 1
DRILL
3



- ▲ 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
- r Forward
- o Defenseman