

LEVEL 2
DRILL
1

Skating: Passing and Receiving

PURPOSE: To practise backward stops and forward quick starts while carrying the puck.

METHOD: Position the players in two lines, one at center ice (A) and the other along the blue line (B) facing center ice. The first player from line B starts skating backwards toward the near face-off dot. At the face-off dot, he stops and immediately receives a pass from the first player in line A. He then skates forward quickly and returns the pass to the other skater as that man crosses the blue line for a shot on net. The players then change lines. Use both ends of the ice.

IMPORTANT: The player at center ice should be stationary when making the pass and then start quickly skating with his stick on the ice.

VARIATION: An additional player at either side of the net gives a pass for a second shot on net.

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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
- Forward
- Defenseman

