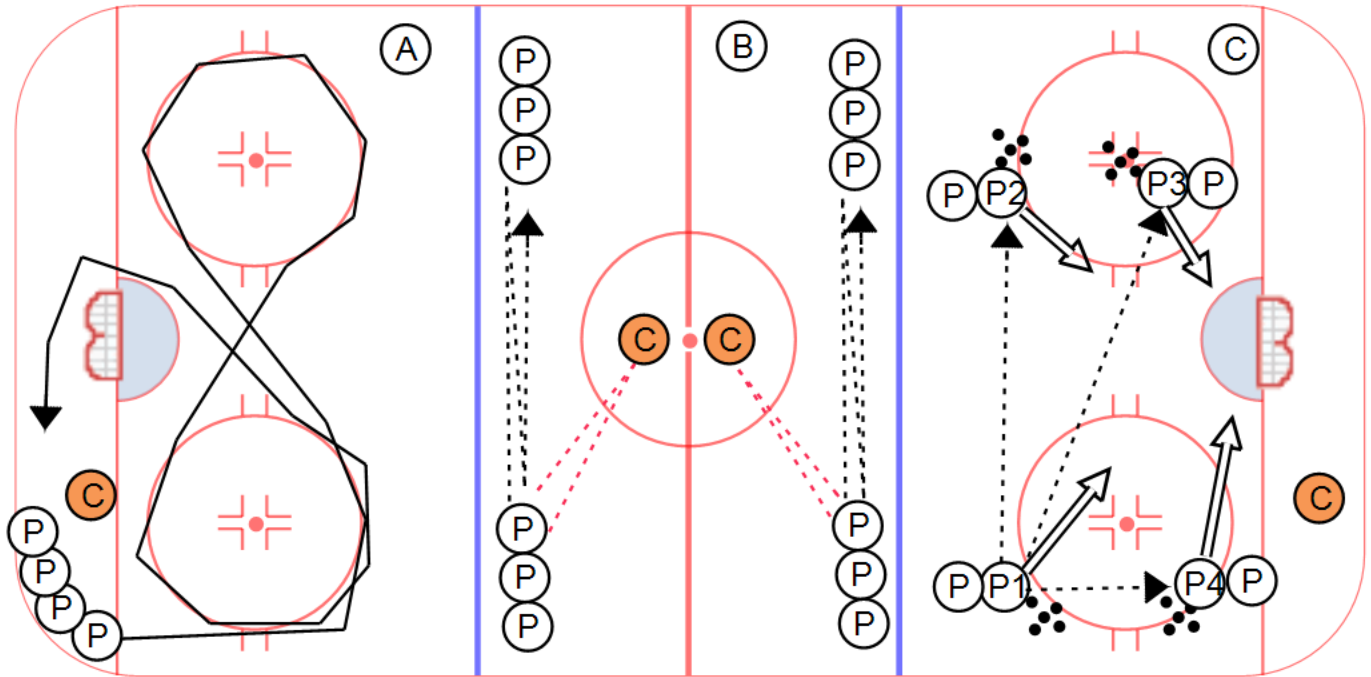


Category #1 : COACHES MANUAL

Title : Circuit

Category #2 : BEGINNER DRILLS

Content elements : _____ Components: _____



Key points : a) KNEES BENT b) HARD FLAT PASSES c) HIT THE NET HARD WORK AND COMMUNICATION

Description

A) Crossovers and pivots. Forward and backwards, adding a puck.

B) Stationary passing, Give and go with the coach, pass to opposite side, follow your pass, use both forehand and backhand.

C) Shooting circuit with four passes. Player one starts and passes to each line where the players shoot, he then shoots and the next line starts. This works on receiving passes at different angles, and shooting from different angles.