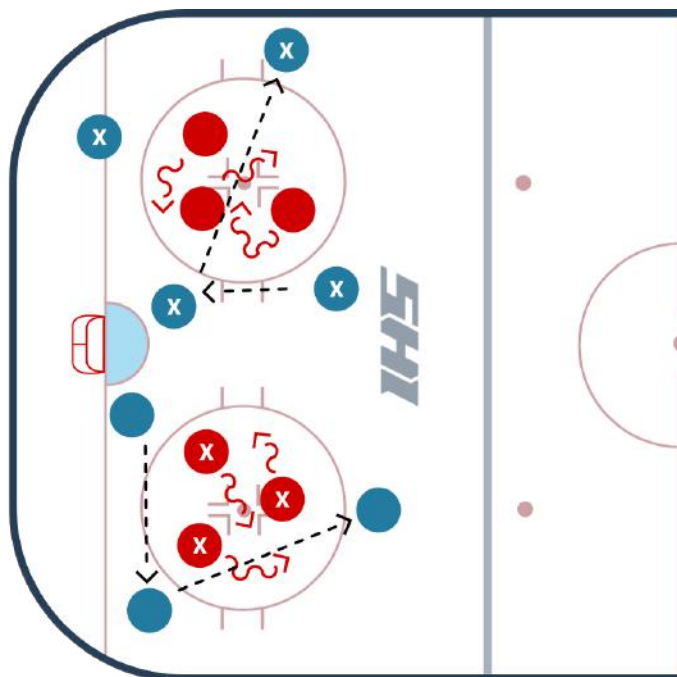


Passing Drill - Chaos with Perimeter Passing



Description

The purpose of this drill is to practice making and receiving passes in an accurate and controlled manner, skating to open ice, keeping the players head up for awareness and communication with teammates.

Key factors of the drill:

- crisp, safe and accurate passes that are to open players and ice
- receiving the pass in a controlled manner and transitioning to open ice to initiate a new pass
- heads up awareness for both those making passes and those stickhandling the puck

Set up by having 2/3/4 players in the middle of a circle and 3/4 players on the outside of the circle. On the whistle the players in the middle begin stickhandling within the borders of the circle while the players on the outside make controlled passes to each other with a puck. Passes are to be random in nature - meaning around and through the circle - and players outside the circle must remain in motion by constantly shifting/getting to open ice. Positions rotate after each rep.

Players in the middle are to maintain control of their pucks with stickhandling techniques, puck protection and heads up awareness. Players on the outside are to make intelligent passes while shifting to open ice. This helps reinforce heads up play, communication and not forcing a pass to a covered teammate.