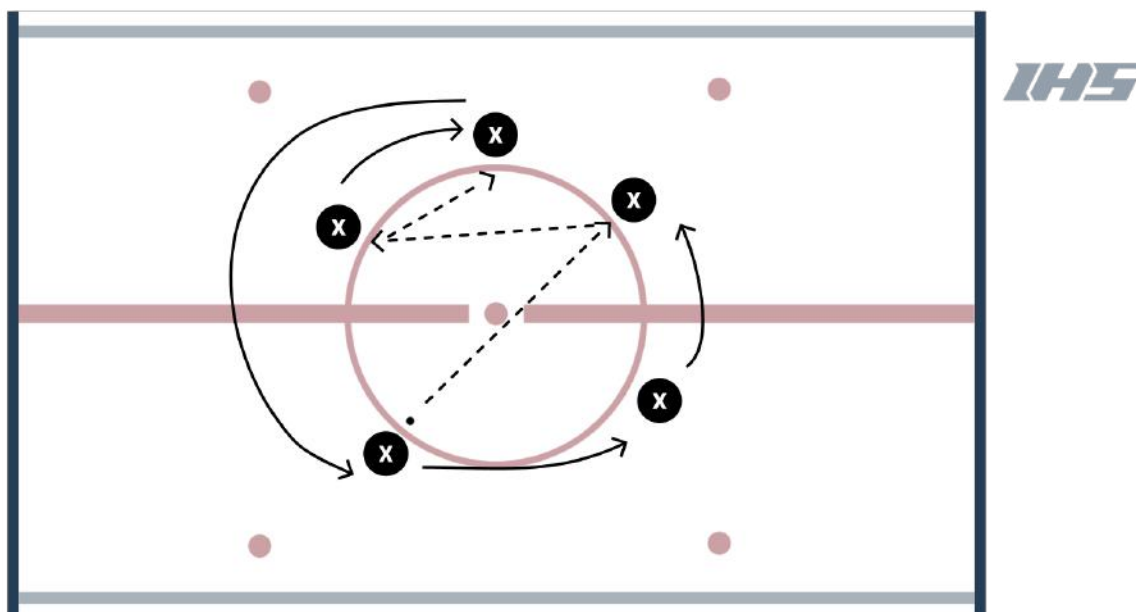


Passing Drill - Circle Passing



Description

The purpose of this drill is to practice passing, moving to open ice and receiving/making the pass in a controlled fashion.

Key factors of the drill:

- crisp, safe and accurate passes that are leading towards the intended recipient.
- receiving the pass in a controlled fashion, making a clean and accurate pass, and transitioning to open ice receive new pass

This is a simple drill designed to have players make quick, accurate passes to teammates before proceeding to open ice to receive a new pass. On the whistle the player with the puck makes a pass to another teammate - they then transition to open ice around the circle. Other players around the circle remain in motion, receiving passes and making new ones before moving to open space. The drill can be modified by adding multiple pucks, and/or adding a player in the middle of the circle attempting to break up passes.

Players should make the most appropriate pass type based on their positioning (forehand, backhand, one-touch etc.) while keeping their head up and maintaining communication with their teammates.