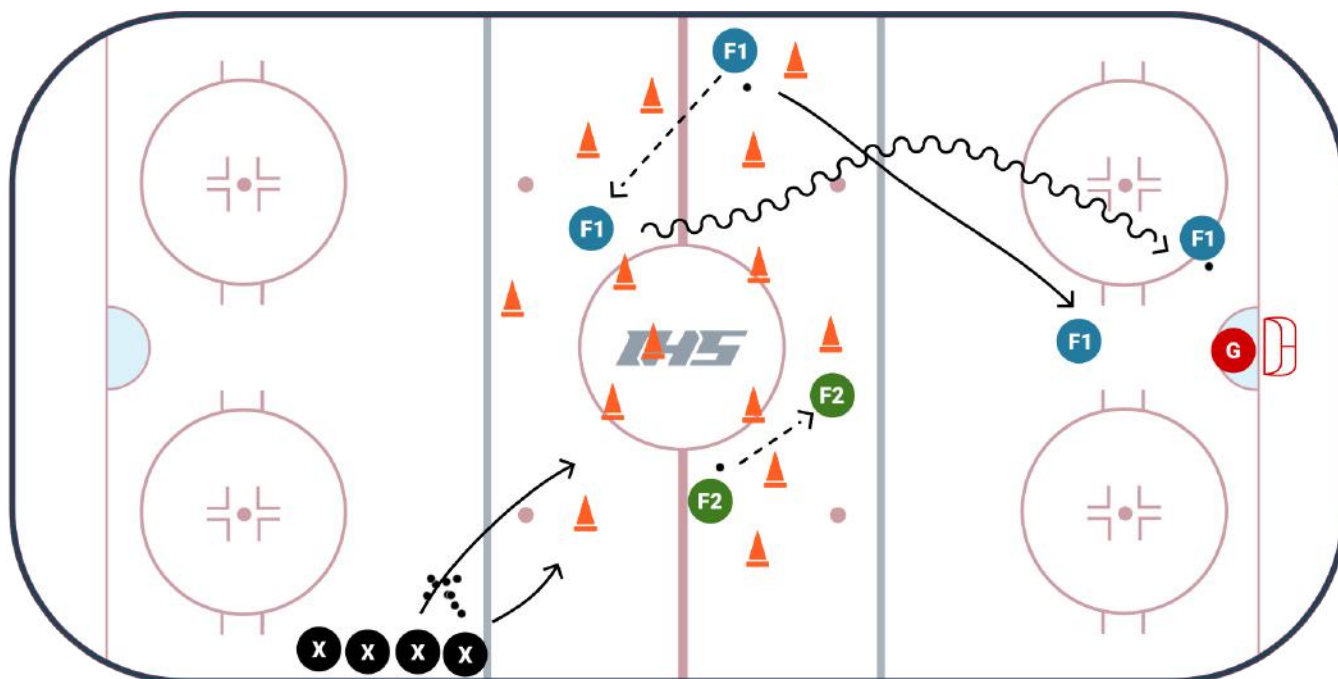


# Passing Drill - Obstacle Passing



## Description

The purpose of this drill is to practice passing, moving to open ice and receiving 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 and transitioning to open ice to make a pass
- staggered zone entry to allow for shot and/or pass to prevent goalie from establishing correct angle.

Drill begins with two pairs of players (F1 and F2) in the neutral zone passing to their partners while moving around/through the positioned obstacles. On the whistle, the first group of players (F1s) leave the neutral zone and enter the zone 2-0 for a shot on goal. At the same time a new pair (X's) enter the neutral zone and begin making passes to each other. On the next whistle (20 seconds) the group in the neutral zone the longest (F2) exits to shot on the goalie, being placed by the next pair in line. This drill is continuous.

Players are to focus on making on stick and/or leading passes, being in position to properly receive the pass, keeping their heads up, communication and having a staggered entrance into the offensive zone.