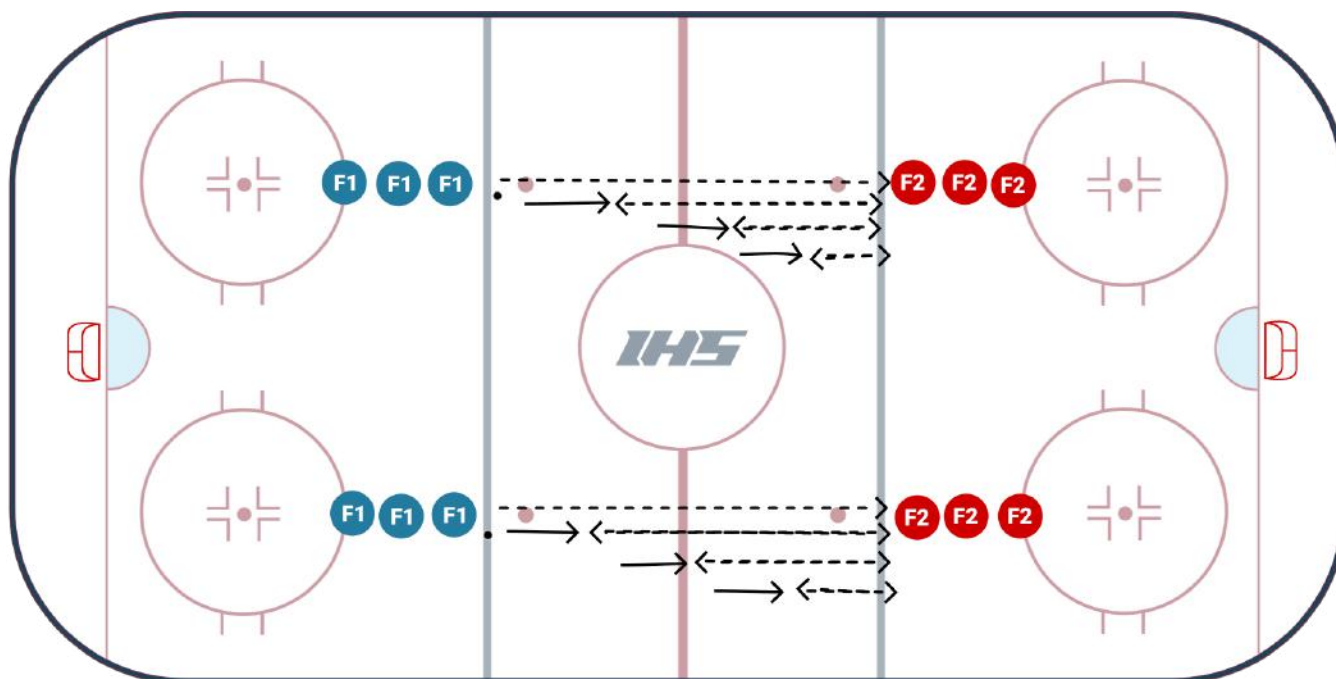


Passing Drill - Rapid One Touch Passing



Description

The purpose of this drill is to practice rapid one touch passing, making and receiving each pass in a controlled fashion.

Key factors of the drill:

- crisp, safe and accurate passes that are leading back towards the intended recipient.
- receiving the pass in a controlled stance and transitioning the puck to quick one touch return pass

On the whistle the player at the front of each line (F1) starts skating towards the player at the start of the opposite line (F2). Both players make hard, flat, and rapid one-touch passes between them as F1 continues to skate forward and close the existing gap. When F1 reaches the opposite end they move to the end of the line and the stationary player (F2) begins skating forward and making passes to the head of the line opposite them (F1). Ensure at least three passes are made by each player before the distance between them is closed. Multiple lines can run at the same time and the drill runs continuously.

Ensure passes are firm, quick, and accurate. Passes are to be received in a "cushioning" fashion to ensure control and avoid large "slapping" sound. Stationary players should remain in athletic stance with stick outwards and positioned to receive the pass.