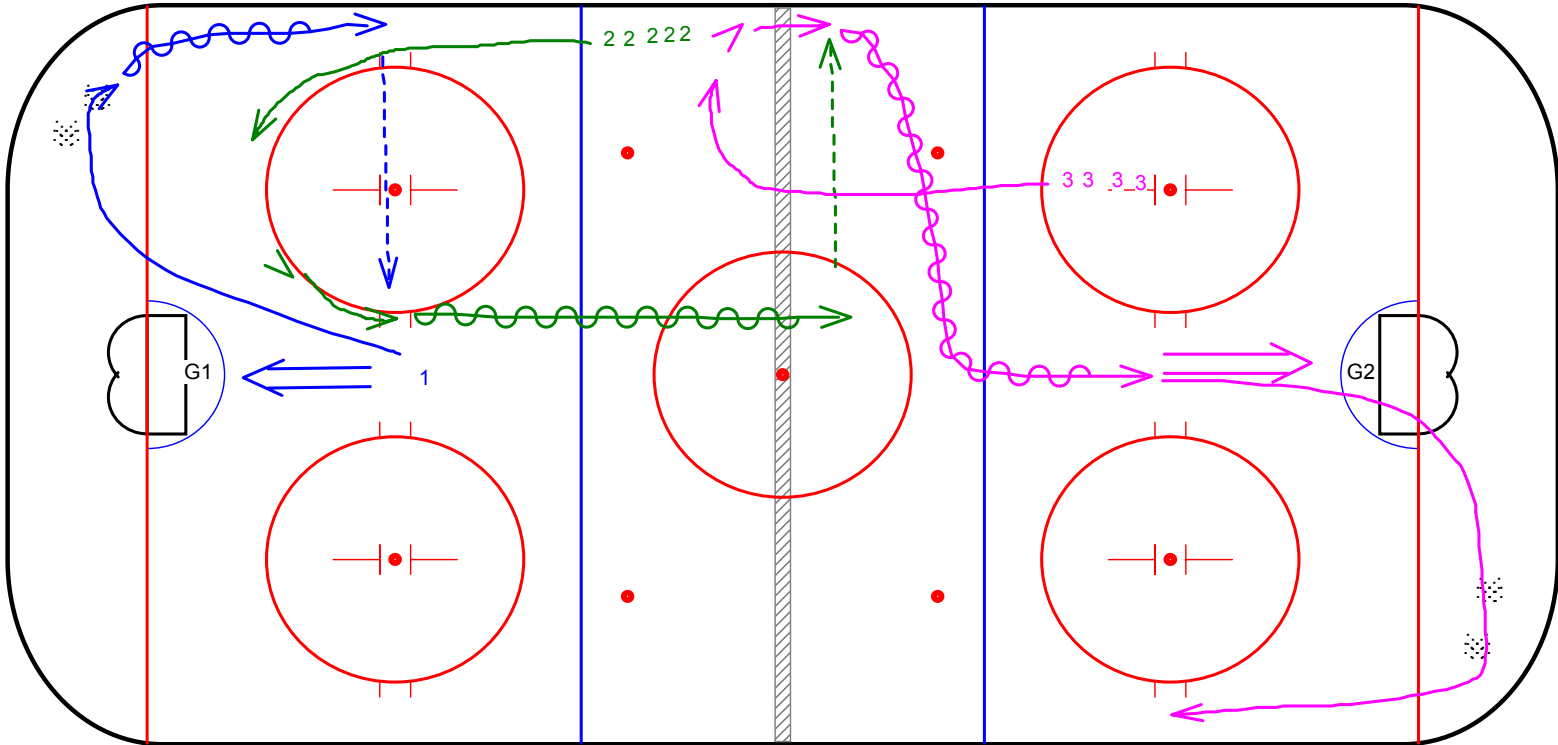


Continuous Passing #1



Continuous passing.....great warm-up drill

going in both directions at the same time....starts with shooter at each end taking a shot on goal, then dropping into corner to outlet off the wall to #2 who has lateral support with time as shown. 1 then goes into 2 line. 2 skates puck to red line and passes to 3 who has support skated to lateral position while opening up to the puck as shown. 2 becomes a 3, 3 drives net for shot then drops to corner to start drill in opposite direction. Continuous, no whistle command except to start the drill.

TEACHING POINTS

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- lateral support to the passer with time, opening up to the puck
- tape to tape passing off both forehand & backhand
- net drive and goalscoring with authority