

Give & Go Stretch Pass



DRILL FOR PASSING FUNDAMENTALS

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- on whistle command, 1's from both groups leave without a puck and skate around the neutral zone face-off dots
 - upon clearing the first dot they receive a pass from the 2's and one touch a return pass to the same 2's
 - the 1's continue their skate to the far blueline as shown and receive a stretch pass from the 2's in the group they started from, with time, drive the net for a shot, then drop into the corner, pivot facing the end boards and skate backwards into the group as shown
 - as soon as the stretch pass is completed a whistle starts the next repetition from the groups of 3's & 4's.

TEACHING POINTS

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- one touch passing
 - passing fundamentals
 - skating to pass receiving space with time
 - up ice support and passing skills
 - utilization of the no red line rule
 - passing & receiving on the fly