

Title : 5 Passes

Content elements: \_\_\_\_\_

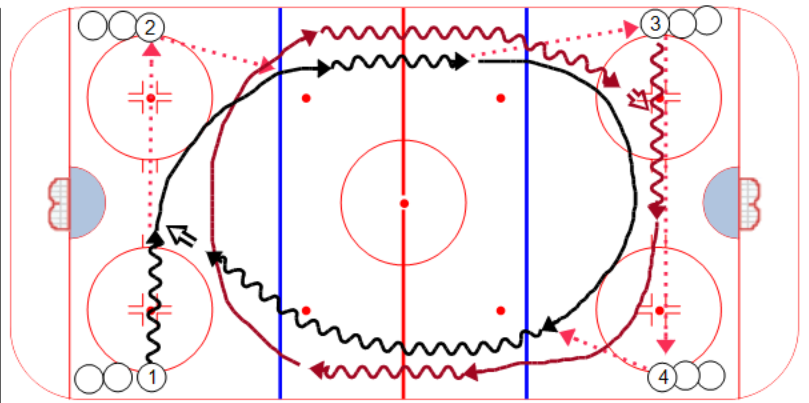
Components : \_\_\_\_\_

### Description

Simple drill but very effective to work on passing and speed while receiving a pass.

Lines 1 & 3 got at the same time on the whistle and then 2 & 4 on the next whistle.

1 skates and passes to 2. Gets a return pass from 2 and skates up ice passing to 3. 1 loops down low while 3 passes to 4 and receives a pass from 4 coming out of the zone. 1 then skates up ice and takes a shot.



Key Points :