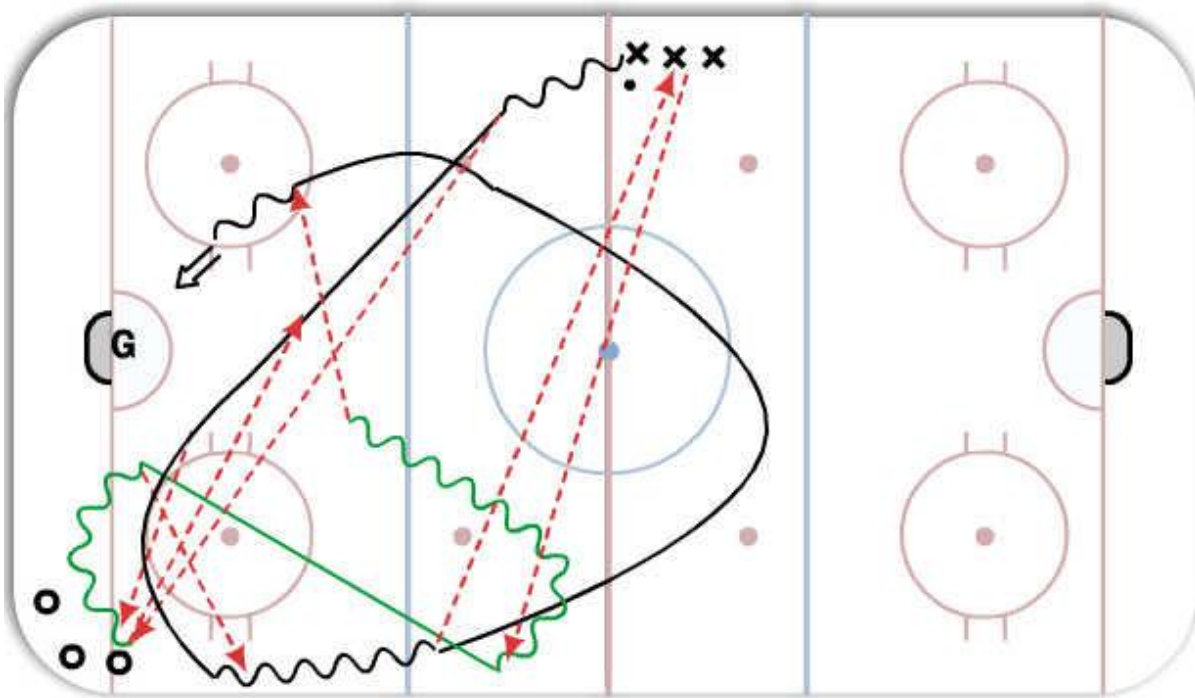


## AROSA 7 Passes



[View Animation](#)

### Description

X starts the drill skating toward the blue line.

X passes to O in the corner.

O passes back to X and X returns the pass.

X moves up the boards for an outlet pass.

O swings low and makes the outlet pass to X on the wall.

X skates with the puck and when he crosses the blue line makes a stretch pass to the first X cross ice.

O times the zone exit so they can receive a cross ice pass from X on the wall.

X and O loop through the neutral zone to attack the blue line with speed. (Stay onside)

O passes to X and attacks the net front.

X shoots.

O plays the rebound.

### Key Points:

### Notes

You can have the O players be the defensemen so they can work on the outlet pass up the wall.

Make sure your goaltender works on kicking rebounds away from the incoming O.