

Hockey PEI

Practice Purpose: _____

Passing

Date:

Drill Focus

Stationary
2-man touch passing
Small area passing

Key Points

Aim & provide a target

Key Points

Lead passes

Key Points

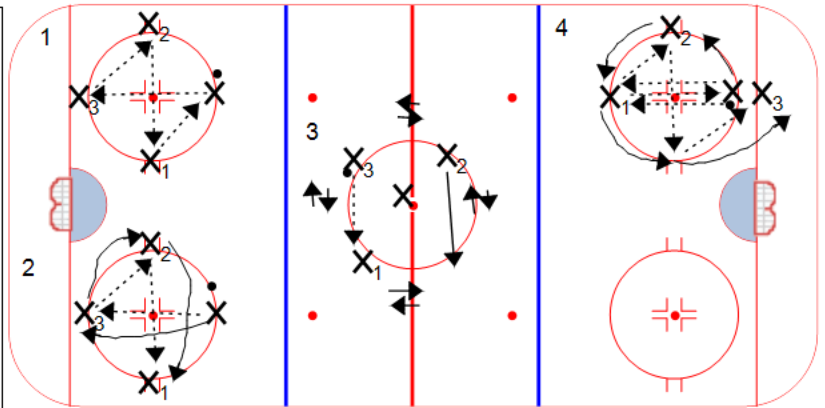
soft hands receiving

Drill no. : 1 Duration : 10 Minutes From : _____ To : _____

Title : Stationary passing Category #1 : Category #2 :

Description

1. Tape to tape. Control at first, then touch passes as accuracy improves
2. Follow the pass. Make pass then follow to that position. continual rotation.
3. 90 degree keep away. X1, X2 and X3 pass to each other avoiding checking X. All passes at 90 degree angle. Support the puck, on player slides left or right each time.
4. X passes to X1, X1 passes back to X, X makes second pass to X1. X1 passes to X2 then skates to open hashmark, getting return pass from X2. X1 passes to next player in line. X2 goes to X1 spot, X goes to X2 spot



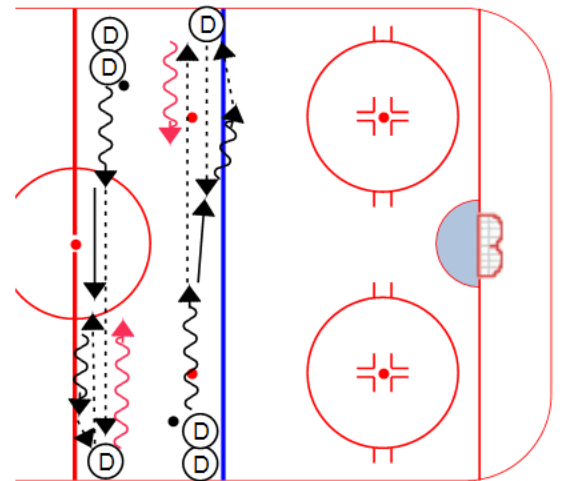
Key points :

Drill no. : 2 Duration : 5 Minutes From : _____ To : _____

Title : Neutral Zone Touch Passing Category #1 : Category #2 :

Description

- Players are grouped in 3s. 2 on one side of ice and single player on other.
- *Drill starts with 1st player in double line. Skates with puck across ice. Makes long pass to player on far boards. Keeps skating across ice.
 - * Upon receiving pass, player makes a quick, touch return pass to player skating across ice.
 - * A third pass is returned to stationary player on boards.
 - * Player on boards then starts skating across ice, drill continues



Key points:

Drill no. : 3

Duration : 5

Minutes

From :

To :

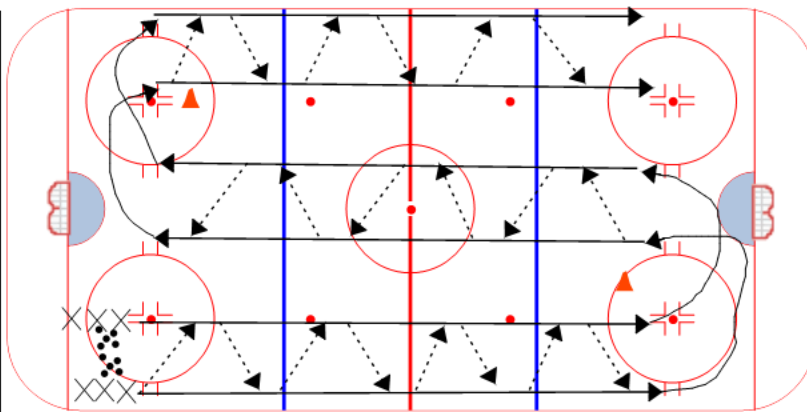
Title : 2 Man Touch Passing

Category #1 : Passing

Category #2 : Flow

Description

Players line up in two lines - hashmarks and faceoff dot.
 *Players proceed down the boards passing back and forth. Maintain control of puck by leading passes towards blade of stick.
 *Upon entering far faceoff circle, players turn to proceed down center ice lane with players 10 ft part. Continue passing until far end, turning at circle and proceeding up far boards.
 * As passing improves, have players touch pass back and forth. Goal is puck movement and control.
 *Players should pass on forehand in one lane and backhand the next and vice versa.



Key points :

Lead Passes

On and off stick quickly

Head Up

Provide a target

Drill no. : 4

Duration :

Minutes

From :

To :

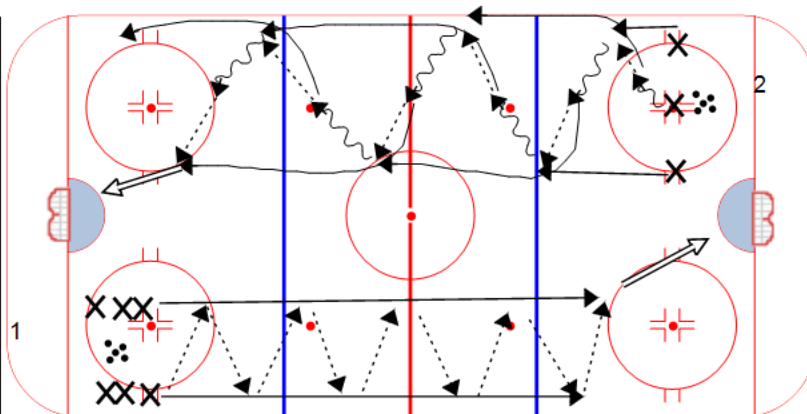
Title : PASSING 2 & 3

Category #1 : Passing

Category #2 : Flow

Description

1. 2 man touch passing - players skate down ice, 10-15 feet apart touch passing back and forth ending with shot on net.
 2. Half ice 3 Man Weave - player in centre begins with puck making pass to player along boards. Player follows pass and fills the outside lane. Player receiving the pass, drifts across centre lane and makes pass to player in far lane. Follows pass, and fills outside lane. Drill continues with receiving pass, drifting across centre lane, making pass, then filling lane. Ends with shot on net.



Key points :

Lead Pass

Timing

Puck Control

Communication

Drill no. : 5

Duration : 10

Minutes

From :

To :

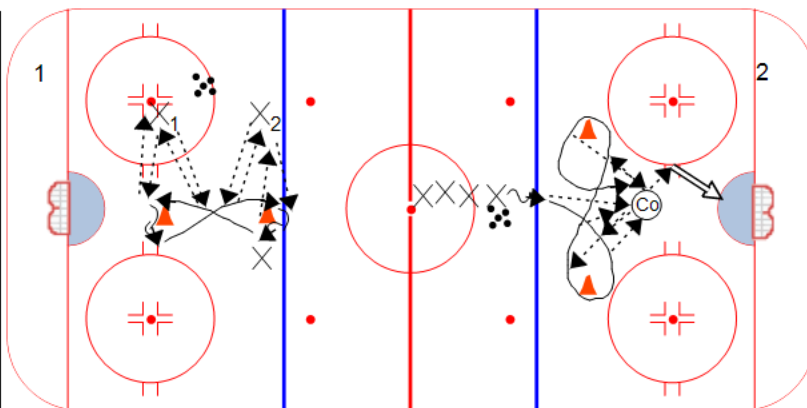
Title : Figure 8 Passing

Category #1 : Passing

Category #2 : Warm Up

Description

1. 2 pylons spaced 6-8 feet apart. X1 and X2 serve as passers 10-12 feet away.
 *X skates in figure 8 motion around pylons always pivoting to never lose sight of passers. Makes and receives 2 sets of passes from X1 passer then 2 sets of passes from X2. Continue 15-20 seconds on whistle
 2. Coach positions himself between hashmarks and top of circle. 2 pylons about 20 feet apart.
 X makes pass to coach and proceeds to skate in figure 8 motion around 2 pylons continuously giving and receiving passes with coach.
 *After going around 2nd pylon, coach slides puck to one side or other with player retrieving puck and taking quick shot on net



Key points :

stick on ice as target

touch passing

want the puck

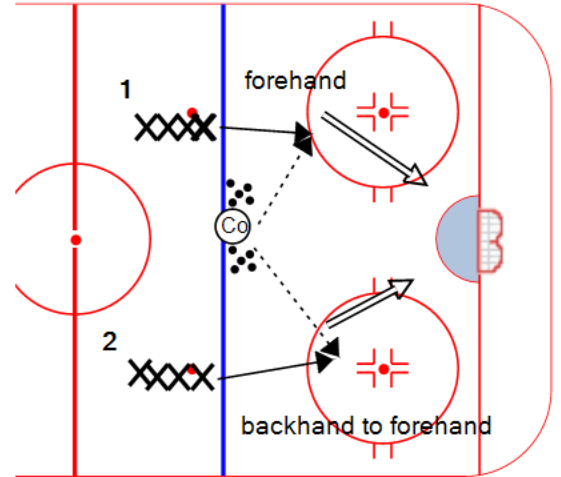
talk to passer

Drill no. : 6 Duration : 7 Minutes From : To :

Title : Soft Catch & Release Category #1 : Scoring Category #2 : Shooting

Description

YouTube - Playmakers Hockey "Next Level" Instructional Shooting Video (58 second mark)
 Players line up in 2 lines in NZ. Left handed shots in one line; righthanded shots in other line.
 Coach inside blueline with pucks
 1. Player skates in at controlled speed, receives short pass from coach. Without stickhandling, soft catches the puck and immediately shoots in stride. Puck is on and off stick. receive puck on forehand, cradle pass into shooting position, release puck on net
 2. Player skates in at controlled speed, receives short pass from coach. receives pass from coach, this time on backhand. Soft catches pass, without stickhandling of any kind, flips hands over puck and takes forehand shot on net.
 **Receive pass off front foot, and quickly transfer weight to other foot while shooting



Key points:

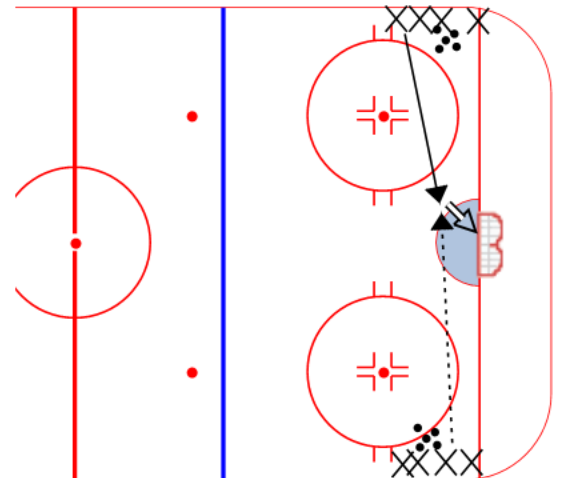
alter shot angle	no stickhandling
Quick release	weight transfer

Drill no. : 7 Duration : 5 Minutes From : To :

Title : Cross Crease Scoring Category #1 : Scoring Category #2 : Passing

Description

Players line up in opposite corners
 1st player from one corner drives hard to net and yells for pass. Player in opposite line makes a hard pass just outside top of circle to driving player.
 Pass is re-directed or one-timed on net for scoring chance.



Key points:

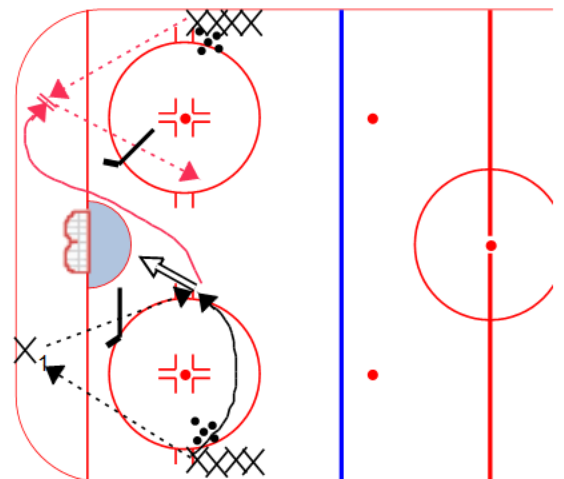
Call for pass	bear down on pass
hard, accurate pass	Timing is key

Drill no. : 8 Duration : 5 Minutes From : To :

Title : Give N Go Scoring Category #1 : Scoring Category #2 : Passing

Description

Players line up at hashmarks on the boards facing goal line.
 X1 starts behind goal line and calls for puck.
 First Player in line makes pass to X1 and skates around top of circle to hashmarks.
 X1 returns the pass for a quick scoring chance.
 After shot, player skates to opposite corner to receive pass from 1st player in other line.
 Drill continues back and forth. Lay a stick down to saucer pass over.



Key points:

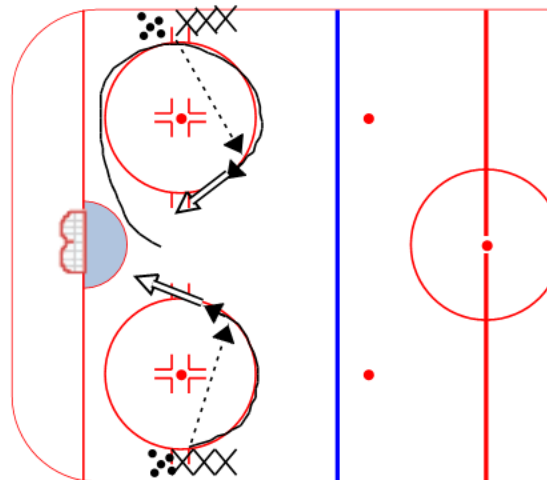
accurate passes	quick release
yell for passes	timing

Drill no. : 9 Duration : 5 Minutes From : To :

Title : Figure 8 Scoring Category #1 : Scoring Category #2 : Passing

Description

YouTube - 2011 Carolina Hurricanes Prospect Camp 06
 Lines at hashmarks on boards.
 *First player skates around top of circle, opens up for pass and takes quick shot on net.
 * Player then skates around opposite circle, opens up for pass and takes quick shot on net.
 Drill continues from other side.



Key points:

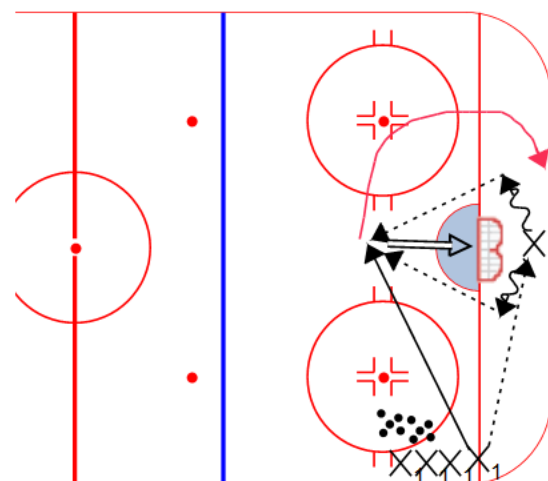
Shoot to score	yell for passes
quick release	quick feet

Drill no. : 10 Duration : 5 Minutes From : To :

Title : Behind the Net Scoring Category #1 : Scoring Category #2 : Passing

Description

One player behind net, line in corner.
 *X1 makes pass to X standing behind the net.
 *X1 drives to slot preparing to receive pass.
 *X steps out to either side, making quick pass to X1 in slot. Shot on net.
 *X returns to line, X1 assumes position behind the net.



Key points:

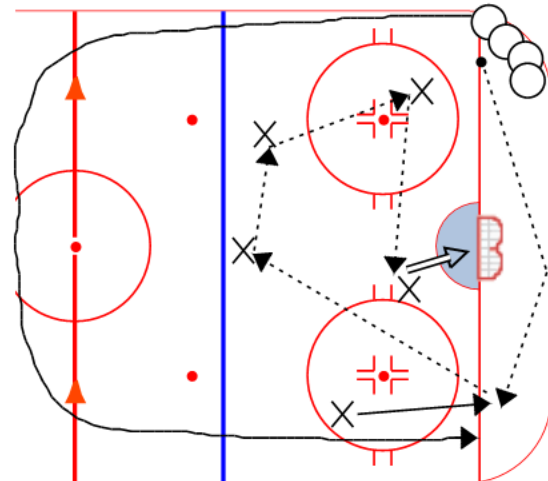
find open scoring area	quick release
quick passing	play rebounds

Drill no. : 11 Duration : Minutes From : To :

Title : Baseball Category #1 : Fun Category #2 : Passing

Description

Batters line up in corner behind goal line. Infielders line up in offensive zone.
 *1st batter shoots puck anywhere in offensive zone. Upon releasing puck, skates out to neutral zone around 2 pylons, and back down far wall to goal line.
 * Infielders retrieve the puck, make successive passes so that all infielders touch the puck. As last player touches the puck, he takes shot on net.
 Scoring a goal before the batter reaches the goal line is an out. Batter reaching goal line first means a run is scored.
 Play continues until 3 outs are recorded. Players switch positions. Play must go quickly.
 Every pass must be at least 10 ft in length.



Key points:

Passing	accuracy
Communication	shooting and skating