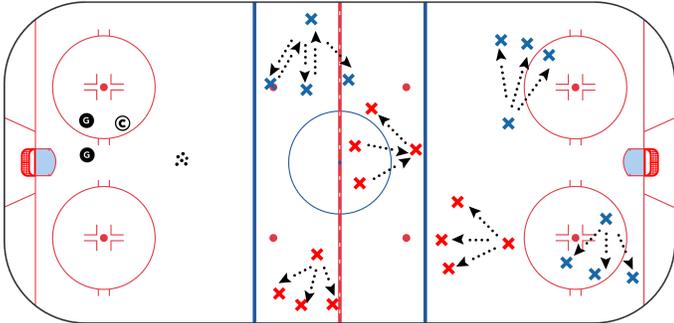


Pivot Passing

6 mins



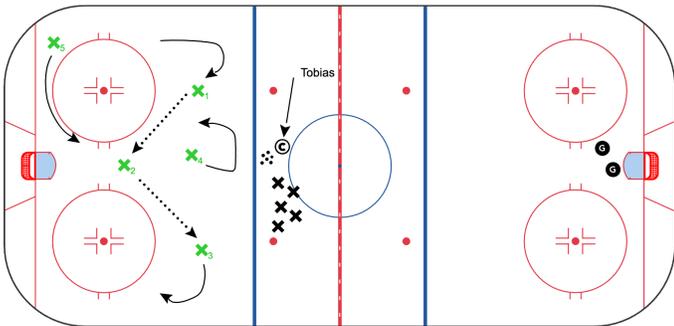
Stationary passing, pass to the pivot person in the middle fan style
Progress to backhand passing and receiving, one touches, saucer passes, etc.

Key Points

Maintain good posture and stick readiness - stick should not come up in the air after each pass
Keep feet quiet - don't spend unnecessary energy

Norway Passing

8 mins



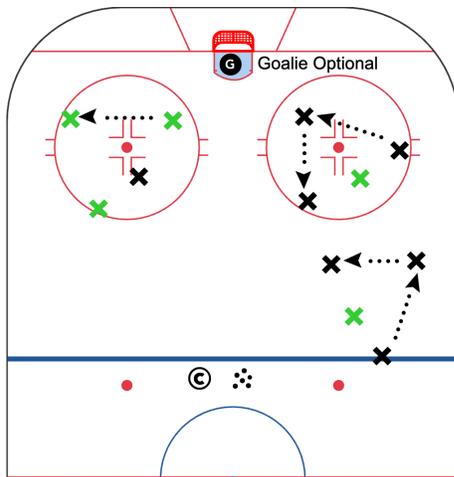
5 players enter the zone and pass a puck around in motion
Add progressions like backhand passing, push or pull passing, escape and pass
On whistle players track hard through middle, coach spots new puck for next 5 players

Key Points

Switch from casual warmup situations to full-speed game situations
Call for the puck
Players with the puck are the present, players without the puck are the future

Norway Compete Passing

8 mins



Players play 3on1 keepaway inside a circle or small space
Areas:

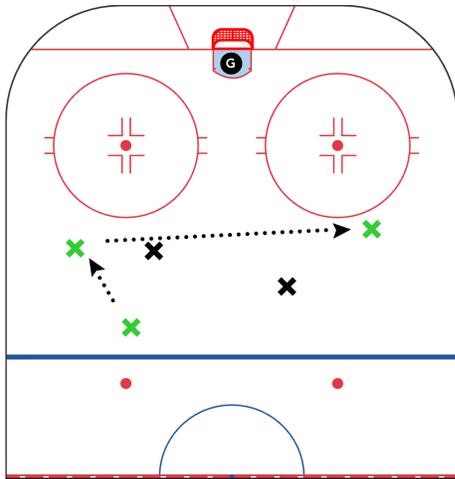
- Inside circle
- In slot
- Inside blue line along boards
- In corner

Key Points

- Slip passes under sticks, through feet, use board bumps
- Coach defensive habits as well
- Add shots for defensive player

Norway 1-3-1 Passing

8 mins



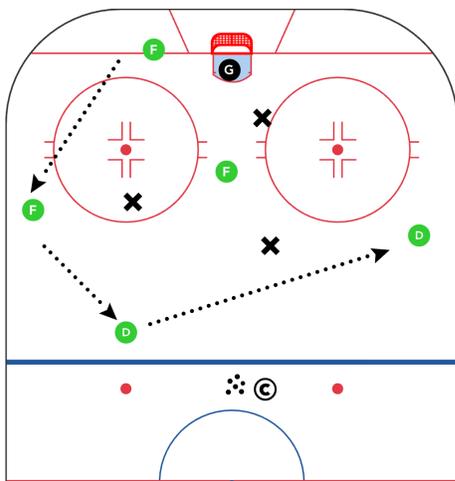
3 players pass puck around in motion through two defenders
On whistle offensive players can shoot
If defensive players retrieve the puck they get to shoot

Key Points

Players with the puck are the present, players without the puck are the future

Norway Offensive Zone Compete

8 mins



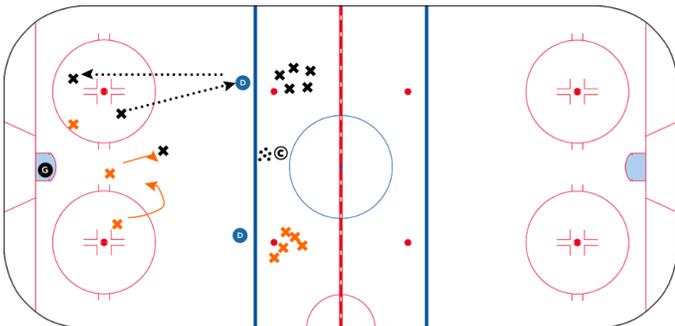
Offensive players pass one puck around in motion
Start with puck in different spots (ex: start from puck retrieval in corner)
KHA: work to get into 1-3-1 shape
Start with no defenders, then gradually add 2, 3, 4

Key Points

What's the future? Retrieve pass and immediately threaten a pass or shot. Puck carrier is the present, everyone else is the future.

Bobby Orr

10 mins



2on2 in-zone, players have to pass to their line to get possession before they can shoot