

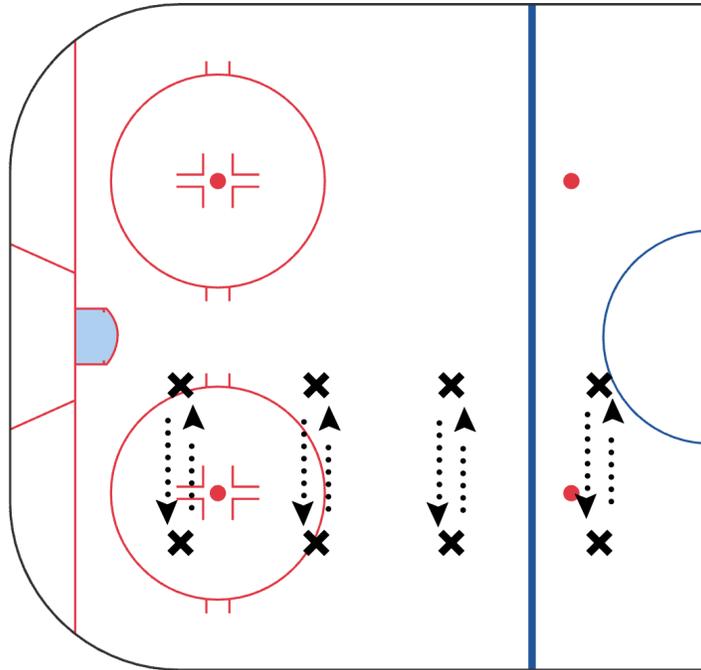


Andy Ness Drills - TCS Live Minnesota

Duration: 25 mins

Passing Variations Stationary - Andy Ness

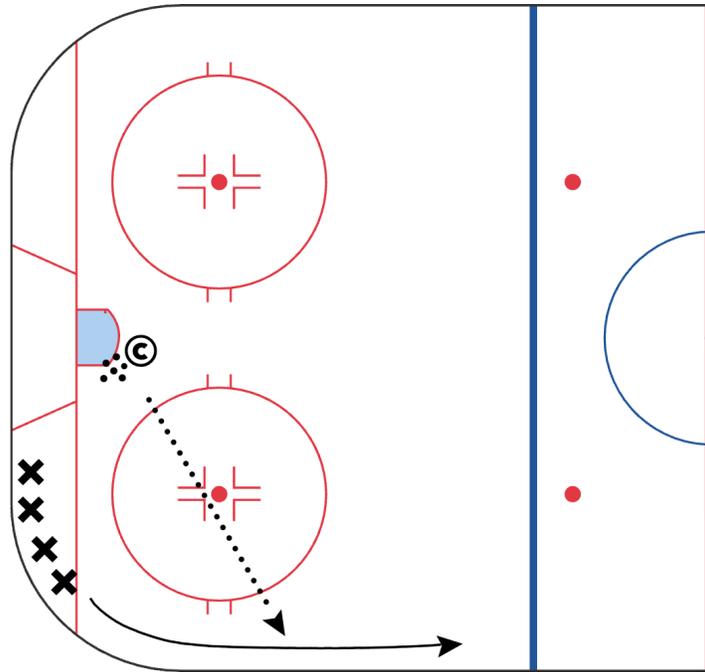
10 mins



Description

Stationary passing variations

- Backhand to forehand extension passing
- Forehand to backhand extension passing
- Handling pass in the feet
- Forehand one-hand catch
- Forehand two-hand catch
- Backhand one-hand catch
- Forehand two-hand catch
- Hard passes



Description

Players start in the corner and skate up the wall and receive pass. Variations:

- Forehand one-hand catch
- Forehand two-hand catch
- Backhand one-hand catch
- Forehand two-hand catch
- Handling pass in the feet
- Hard passes
- Knock down (pass in the air)

