



KHA Dec. Week 1: Passing

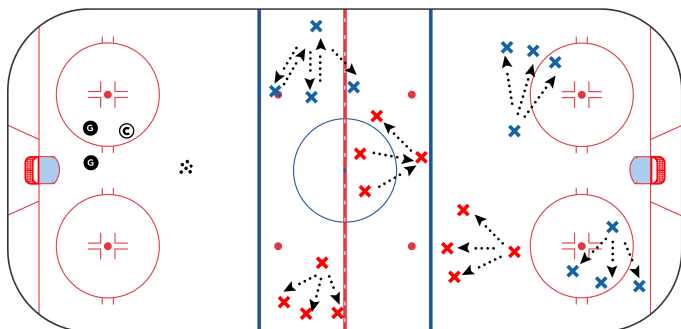
Date: Dec 1 2025

Time: 9:08 pm

Duration: 56 mins

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.

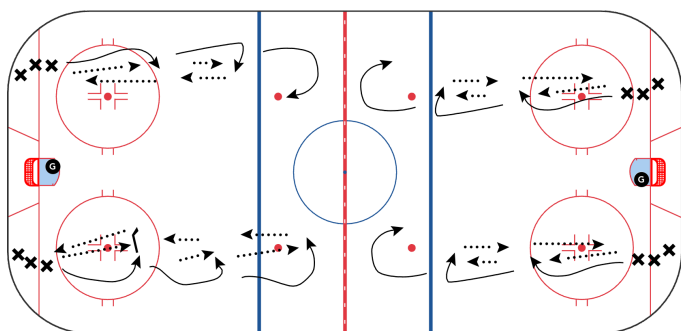
Key Points

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

Forehand Catch & Release

10 mins

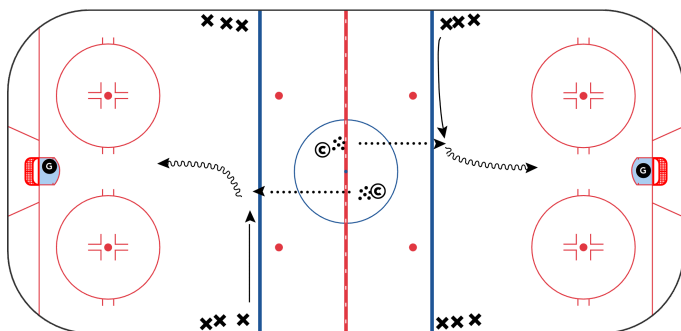


Players skate forwards and collect pass from line on forehand before passing back

Repeat three times then go in for a shot

Forehand Pass Reception & Shot

10 mins

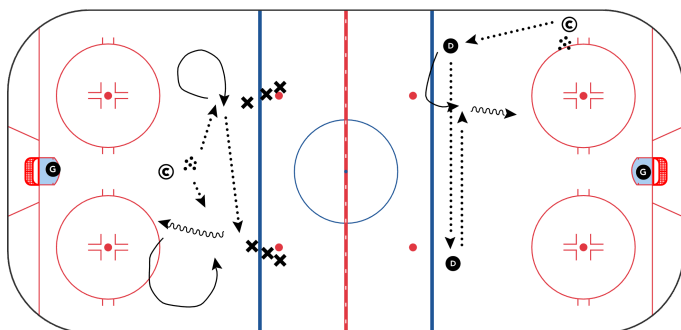


Players catch pass and then go in for shot

Start on forehand, progress to backhand

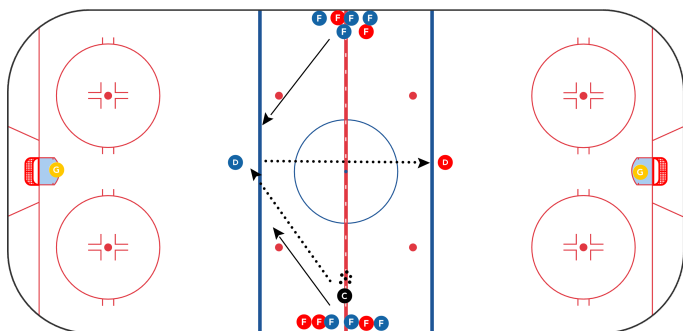
Forward and D Split Pass Receptions

10 mins



Yeezy 2on1

10 mins



Coach passes to D1

2 forwards forecheck D1

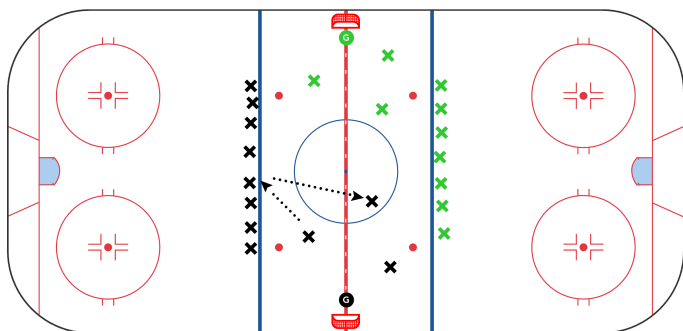
D1 passes puck through forecheck to D2

If pass gets through to D2, forwards regroup and go 2on1 vs D1

If pass doesn't get through, 2 forwards carry on and play 2on1 vs D1

3on3 Neutral Zone Pass Support

10 mins



Teams play 3on3 in neutral zone

Players can pass to a player in their line

Players on the blue line have to keep the puck in play